

30 Plants a Week

Printable Gut Health Checklist

Use this as a variety challenge, not a pass-or-fail nutrition test. For this tracker, count each different whole or minimally processed plant once during the week.

QUICK RULES

Count a plant once per week. Repeats are still healthy, they just do not raise your variety total.

Fruits, vegetables, legumes, whole grains, nuts, seeds, herbs, and spices can all help add variety.

VEGETABLES

- ☐ Spinach
- ☐ Broccoli
- ☐ Carrot
- ☐ Bell pepper
- ☐ Tomato

FRUIT

- ☐ Apple
- ☐ Blueberries
- ☐ Banana
- ☐ Orange
- ☐ Avocado

LEGUMES

- ☐ Chickpeas
- ☐ Lentils
- ☐ Black beans
- ☐ Edamame
- ☐ Green peas

WHOLE GRAINS

- ☐ Oats
- ☐ Quinoa
- ☐ Barley
- ☐ Brown rice
- ☐ Whole wheat

NUTS & SEEDS

- ☐ Almonds
- ☐ Walnuts
- ☐ Chia seeds
- ☐ Flaxseed
- ☐ Pumpkin seeds

HERBS & SPICES

- ☐ Garlic
- ☐ Onion
- ☐ Parsley
- ☐ Cinnamon
- ☐ Ginger

MY WEEKLY TOTAL

Do not stop at 12 just because 30 feels far away. More variety than last week is progress.

_____ / 30

7-Day Plant Variety Planner

Write down new plants as you eat them. You can repeat favorites throughout the week; only new varieties need to be added to this page.

MONDAY	New plants today:	☐ _____	☐ _____	☐ _____	☐ _____	☐ _____
TUESDAY	New plants today:	☐ _____	☐ _____	☐ _____	☐ _____	☐ _____
WEDNESDAY	New plants today:	☐ _____	☐ _____	☐ _____	☐ _____	☐ _____
THURSDAY	New plants today:	☐ _____	☐ _____	☐ _____	☐ _____	☐ _____
FRIDAY	New plants today:	☐ _____	☐ _____	☐ _____	☐ _____	☐ _____
SATURDAY	New plants today:	☐ _____	☐ _____	☐ _____	☐ _____	☐ _____
SUNDAY	New plants today:	☐ _____	☐ _____	☐ _____	☐ _____	☐ _____

EASY WAY TO REACH 30

Build variety into foods you already eat instead of cooking 30 separate recipes.

Breakfast: oats + berries + chia + walnuts Lunch: grain bowl + beans + 3 vegetables

Dinner: whole grain + 2 vegetables + herb/spice Snack: fruit + mixed nuts or seeds

WEEKLY TOTAL

Unique plants eaten: _____ / 30

3 PLANTS I WANT TO KEEP NEXT WEEK

1. _____ 2. _____ 3. _____