PLANT BASED WEEKLY FOOD TRACKER

Aim for 40+ plant-based foods per week with weekly rotations of plant variety. That is 6 different plant foods per day!

Vegetables	Fruits	Nuts & Seeds	Grains	Beans/Lentils	Herbs, Spices and Teas
Total:	Total:	Total:	Total:	Total:	Total:
Weekly Total:		www.barbhandy.com barbhandycnp@gmail.com Insta: barb.handy.nutrition			