

The 7-Day Challenge Tracking Log

This extremely simple chart allows you to track your plant intake throughout the week, adding to your total of unique plants with every meal and snack. You'll see how you're doing on your quest to hit thirty, and be reminded to get creative to ensure you're feeding your microbiome all the nutrition it needs.

THE POWER PLANTS

VEGETABLES

- | | |
|---|--|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Green beans |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Kale |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Leek |
| <input type="checkbox"/> Bell pepper (red, green, yellow, orange) | <input type="checkbox"/> Lettuce, Bibb |
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Lettuce, green leaf |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Lettuce, red leaf |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Lettuce, romaine |
| <input type="checkbox"/> Cabbage, green | <input type="checkbox"/> Mushrooms, portobello (also includes button and cremini—all the same plant) |
| <input type="checkbox"/> Cabbage, napa | <input type="checkbox"/> Mushrooms, shiitake |
| <input type="checkbox"/> Cabbage, red | <input type="checkbox"/> Nori (sushi wrap) |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Scallion |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Snap or sweet peas |
| <input type="checkbox"/> Fennel | |

- | | |
|--|---|
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Tomato, cherry |
| <input type="checkbox"/> Squash, summer | <input type="checkbox"/> Tomato, grape |
| <input type="checkbox"/> String beans | <input type="checkbox"/> Tomato, Roma |
| <input type="checkbox"/> Tomato, beefsteak | <input type="checkbox"/> Zucchini |

FRUITS

- | | |
|---|--|
| <input type="checkbox"/> Acai | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Apple, Cortland | <input type="checkbox"/> Melon, casaba |
| <input type="checkbox"/> Apple, Fuji | <input type="checkbox"/> Melon, honeydew |
| <input type="checkbox"/> Apple, Gala | <input type="checkbox"/> Mulberries |
| <input type="checkbox"/> Apple, Granny Smith | <input type="checkbox"/> Orange, blood |
| <input type="checkbox"/> Apple, Red Delicious | <input type="checkbox"/> Orange, mandarin |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Orange, navel |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Pear, Asian |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Pear, Bartlett |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Pear, Bosc |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Pear, D'Anjou |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Figs | <input type="checkbox"/> Pomegranate arils |
| <input type="checkbox"/> Golden berries | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Grapes, green | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Grapes, purple | <input type="checkbox"/> Tangerine |
| <input type="checkbox"/> Grapes, red | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Kiwi | |

STARCHY PLANTS

- | | |
|--|---|
| <input type="checkbox"/> Barley | <input type="checkbox"/> Chickpeas and hummus |
| <input type="checkbox"/> Beans, black | <input type="checkbox"/> Corn |
| <input type="checkbox"/> Beans, kidney | <input type="checkbox"/> Lentils |
| <input type="checkbox"/> Beans, navy | <input type="checkbox"/> Oats |
| <input type="checkbox"/> Beans, pinto | <input type="checkbox"/> Parsnip |

- ## FATTY AND/OR PROTEIN-RICH PLANTS

- ## ADVENTURE CLUB!

Don't forget to write it down and give yourself credit for yet another Power Plant.

- [illegible]