## 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** 

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

☐ Spinach	☐ Tomato, cherry
☐ Squash, summer	☐ Tomato, grape
☐ String beans	☐ Tomato, Roma
☐ Tomato, beefsteak	☐ Zucchini
FRUITS	
☐ Acai	□ Mango
☐ Apple, Cortland	☐ Melon, casaba
☐ Apple, Fuji	☐ Melon, honeydew
☐ Apple, Gala	☐ Mulberries
☐ Apple, Granny Smith	☐ Orange, blood
☐ Apple, Red Delicious	☐ Orange, mandarin
☐ Apricot	☐ Orange, navel
☐ Banana	☐ Peach
☐ Blackberries	☐ Pear, Asian
☐ Blueberries	☐ Pear, Bartlett
☐ Cantaloupe	☐ Pear, Bosc
☐ Cherries	☐ Pear, D'Anjou
☐ Cranberries	☐ Pineapple
□ Dates	☐ Plum
☐ Figs	☐ Pomegranate arils
☐ Golden berries	☐ Raspberries
☐ Grapefruit	☐ Rhubarb
☐ Grapes, green	☐ Strawberries
☐ Grapes, purple	☐ Tangerine
☐ Grapes, red	☐ Watermelon
☐ Kiwi	
STARCHY PLANTS	
☐ Barley	☐ Chickpeas and hummus
☐ Beans, black	□ Corn
☐ Beans, kidney	☐ Lentils
☐ Beans, navy	□ Oats
☐ Beans, pinto	☐ Parsnip

□ Peas	☐ Rice, brown
☐ Potato, red with skin	☐ Rice, wild
☐ Potato, sweet with skin	☐ Squash, acorn
☐ Potato, white with skin	☐ Squash, butternut
☐ Pumpkin	☐ Turnip
☐ Quinoa	☐ Wheat, whole grain
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FATTY AND/OR PROTEIN-RICH	I PLANTS
☐ Almonds/almond butter	☐ Pecans
☐ Avocado	☐ Pine nuts
☐ Brazil nuts	☐ Pistachios
☐ Cashews/cashew butter	☐ Pumpkin seeds (pepitas)
☐ Chia seeds	☐ Sesame seeds
☐ Coconut	☐ Soy (edamame, tofu,
☐ Flaxseeds	tempeh)
☐ Hazelnuts	☐ Sunflower seeds/sunflower
☐ Hemp seeds	seed butter
□ Olives	☐ Walnuts
☐ Peanuts/peanut butter	
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ADVENTURE CLUB!	
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The Power Plants already listed are of	common, but you might find your-
self eating something interesting an	d altogether new: kohlrabi, dragon
fruit, guava, or prickly pear.	
Don't forget to write it down a	nd give yourself credit for yet an-
other Power Plant.	