

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

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| ☐ Spinach | ☐ Tomato, cherry |
| ☐ Squash, summer | ☐ Tomato, grape |
| ☐ String beans | ☐ Tomato, Roma |
| ☐ Tomato, beefsteak | ☐ Zucchini |

FRUITS

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|---|--|
| ☐ 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

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|--|---|
| ☐ Barley | ☐ Chickpeas and hummus |
| ☐ Beans, black | ☐ Corn |
| ☐ Beans, kidney | ☐ Lentils |
| ☐ Beans, navy | ☐ Oats |
| ☐ Beans, pinto | ☐ Parsnip |

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| ☐ 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 |

FATTY AND/OR PROTEIN-RICH PLANTS

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| ☐ Almonds/almond butter | ☐ Pecans |
| ☐ Avocado | ☐ Pine nuts |
| ☐ Brazil nuts | ☐ Pistachios |
| ☐ Cashews/cashew butter | ☐ Pumpkin seeds (pepitas) |
| ☐ Chia seeds | ☐ Sesame seeds |
| ☐ Coconut | ☐ Soy (edamame, tofu,
tempeh) |
| ☐ Flaxseeds | ☐ Sunflower seeds/sunflower
seed butter |
| ☐ Hazelnuts | ☐ Walnuts |
| ☐ Hemp seeds | |
| ☐ Olives | |
| ☐ Peanuts/peanut butter | |

ADVENTURE CLUB!

The Power Plants already listed are common, but you might find yourself eating something interesting and altogether new: kohlrabi, dragon fruit, guava, or prickly pear.

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

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| ☐ _____ | ☐ _____ |
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