## Tally 30 Different Whole Food Plants Eaten in a Week Choose at least one in each Category of Plant Each Week - Eat A Rainbow of Colors Each Week The next week try for as many different varieties than the last

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Fruit	Root Veg	Bulb Veg	Fruit Veg	Leafy Veg
Apple	Carrot	Onion	Bell Pepper	Spinach
Apricot	Other Color	Garlic	Other Color	Kale
Banana	Radish	Leek	Corn	Argula
Canteloupe	Beet	Turnip	Cucumber	Romaine
Cherries	Ginger	Fennel	String Bean	Swiss chard
Coconut	Write In	Write In	Other Color	Celery
Grapes			Tomato	Brussel Sprout
Grapefruit	Legumes□	Tuber Veg	Eggplant	Cabbage
Kiwi	Black Beans	Potato	Okra	Other Color
Lemon	Chickpeas	Other Color	Zucchini	Asparagus
Lime	Kidney Beans	Sweet Potato	Write In	Mustard Green
Mango	Lentils	Yam		Collard Green
Olives	Peas	Cassava	Herbs &	Rhubarb
Orange	Peanuts	Write In	Spices	Radicchio
Peach	Pinto Beans		Basil	Write In
Pineapple	Soybeans	Seeds	Cilantro	
Plums	Write In	Caraway	Cinnamon	Nuts
Watermelon		Chia	Cumin	Almonds
Write In	Flower Veg	Flax	Marjoram	Brazil
	Broccoli	Sesame	Nutmeg	Cashews
Berries	Cauliflower	Sunflower	Oregano	Hazel
Avocado	Artichoke	Рорру	Tumeric	Macadamia
Blueberries	Bok Choy	Pomegranate	Paprika	Pecans
Strawberries	Write In	Pumpkin	Sage	Pine Nuts
Cranberries		Quinoa	Rosemary	Pistachios
Raspberries		Write In	Write In	Walnuts
Write In				Write In
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