

STARTER PACK

My Plant Variety Tracker

Keep count of the different plants you eat in a week, with extra space for variety.

INSIDE

01 Different plants, once a week

02 More space for variety

Different plants, once a week

Write down each different plant food you eat in a week.

THE BOOK'S INFORMAL COUNTING RULES

Write each different plant food once per week. Vegetables, fruit, beans, lentils, wholegrains, nuts, seeds, herbs and spices can count. Tinned, frozen and dried foods count. Repeated servings do not add more points.

Thirty plants a week comes from early research. It is not proven to be better than twenty or twenty-five. Use the same names each week. Build up gradually, at a pace your gut can manage.

Week beginning / my usual starting variety

Plant food · one name per row	Seen this week / notes

More space for variety

Carry on with the same weekly list. Use as many rows as you need.

Plant food · one name per row	Seen this week / notes

What I enjoyed, what suited me and one possible next plant