



FEEL GOOD FOOD TRACKER

Aim for at least 30 different plant-based ingredients each week

	PLANT-BASED FOOD - DESCRIPTION & COMMENTS	MON	TUE	WED	THU	FRI	SAT	SUN
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								
21								
22								
23								
24								
25								
26								
27								
28								
29								
30								

Variety is the spice of life - add some to yours each week!



FEEL GOOD FOOD TRACKER

Here are 100 ideas to get you started!

Almonds	Dark chocolate (>70% cocoa)	Papaya
Apples	Fennel	Parsnips
Apricots	Figs	Passion Fruit
Aubergine	Flaxseed	Pears
Avocado	Garlic	Peas
Bananas	Ginger	Pecans
Basil	Grapefruit	Peppers (green, red, yellow, orange)
Beetroot	Grapes	Pine nuts
Black beans	Grapefruit	Pineapple
Black pepper	Grapes	Pistachios
Blackberries	Grapefruit	Plums
Blueberries	Green beans	Pomegranate
Brazil nuts	Green leafy Veg	Pumpkin
Broad beans	Hazelnuts	Pumpkin seeds
Broccoli	Kale	Quinoa
Brussel sprouts	Kidney Beans	Radish
Butter beans	Kiwi fruit	Raspberries
Butternut squash	Leeks	Red Cabbage
Cabbage	Lemon	Redcurrants
Cannellini beans	Lentils	Rocket
Carrots	Lettuce	Sage
Cashew nuts	Lime	Sesame seeds
Cauliflower	Liquorice	Soybeans - edamame
Cayenne pepper	Macha	Spinach
Celeriac	Mango	Strawberries
Celery	Melon	Swede
Cherries	Mint	Sweet potato
Chia seeds	Mushrooms	Sweetcorn
Chickpeas	Nutmeg	Thyme
Chili flakes/powder	Oats	Tomatoes
Cinnamon	Olives	Turmeric
Coconut	Onion	Turnip
Courgette	Oranges	Walnuts
Cucumber	Oregano	
	Pak choi	

Every time you eat is an opportunity to nourish your body