

# 7 days to better gut health

with **Chloe McLeod**



## Your weekly plant diversity tracker

Hit your weekly goal of eating at least **30 different plants** by tracking the number of plant foods you consume. At the end of each day, record the number of different plant foods you've consumed. Start by filling in the total number of plants from each group, then add them up in the green squares on the bottom row!

Day	1	2	3	4	5	6	7
Veggies							
Fruit							
Grains							
Nuts							
Seeds							
Legumes							
Total							