

'30 Plants Per Week' Tracking Checklist

Beans and Peas	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Aduke bean				
Black beans				
Borlotti beans				
Broad beans				
Butter beans				
Cannellini beans				
Chickpeas				
Edamame beans				
Fava beans				
Garbanzo beans				
Kidney beans				
Lentils				
Mung beans				
Pinto beans				
Runner beans				
Soybeans				
Drinks	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Almond milk				
Black Tea				
Coconut milk				
Coffee				
Dairy milk				
Green Tea				
Macadamia milk				
Matcha				
Grains and Flours	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Almond flour				
Amaranth				
Barley				
Brown rice				
Buckwheat				
Bulgar wheat				
Bulgur				
Chickpea flour				
Cornmeal				

Farro				
Freekeh				
Millet				
Oats				
Pasta				
Polenta				
Quinoa				
Rice Noodles				
Rye				
Sorghum				
Sourdough				
Spelt				
Teff				
Triticale				
Wheat berries				
Whole wheat				
Wholewheat				
Wild rice				
Herbs and Spices	WEEK 1	WEEK 2	WEEK 3	WEEK 4
All spice				
Basil				
Caraway				
Cardamon				
Cayenne				
Chilli flakes				
Chives				
Cinnamon				
Coriander				
Cumin				
Dill				
Fennel seed				
Garlic (fresh & ground)				
Ginger (fresh & ground)				
Ground coriander				
Mint				
Nutmeg				
Oregano				
Paprika				
Parsley				
Rosemary				
Sage				
Tarragon				
Thyme				
Turmeric				

Nuts and Seeds	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Almonds				
Brazil nuts				
Cashews				
Chia seeds				
Flax seeds				
Hazelnuts				
Hemp seeds				
Macadamia nuts				
Peanuts				
Pecans				
Pine nuts				
Pistachios				
Pumpkin seeds				
Sesame seeds				
Sunflower seeds				
Walnuts				
Oils	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Avocado Oil				
Coconut oil				
Flaxseed oil				
Olive Oil				
Rapeseed oil				
Sesame oil				
Sunflower oil				
Walnut oil				
Salad and Vegetables	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Artichoke				
Arugula				
Asparagus				
Aubergine				
Avocado				
Bay leaves				
Beetroot				
Black pepper				
Bok choy				
Broccoli				
Brussels sprouts				
Cabbage				
Carrots				
Cauliflower				
Celeriac				

Celery				
Chilli pepper				
Collard greens				
Courgette				
Cucumber				
Edamame beans				
Eggplant				
Fennel				
Gherkins				
Green beans				
Jerusalem artichokes				
Kale				
Kohlrabi				
Leek				
Lettuce				
Mangetout				
Mushrooms				
Mustard				
Onions				
Paprika				
Pea shoots				
Peas				
Peppers (green/red/orange)				
Radicchio				
Radishes				
Red cabbage				
Red onion				
Rhubarb				
Romanesco				
Runner beans				
Samphire				
Seaweed				
Snap peas				
Sorrel				
Spinach				
Squash				
Swede				
Sweet potato				
Sweetcorn				
Swiss chard				
Tarragon				
Tomatoes				
Turnips				
Watercress				
Wild garlic				

Fruits	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Apple				
Apricot				
Banana				
Blackberries				
Blackcurrant				
Blueberries				
Cantaloupe				
Cherries				
Clementines				
Coconut				
Cranberries				
Figs				
Gooseberries				
Grapefruit				
Grapes/raisins				
Kiwi				
Lemon				
Lime				
Mango				
Melon				
Nectarine				
Orange				
Papaya				
Passion fruit				
Peach				
Pear				
Pineapple				
Plum/prunes				
Pomegranate				
Raspberries				
Strawberries				
Watermelon				