



**ROOTED**  
SANTA BARBARA

Week of: \_\_\_\_\_

## EAT THE RAINBOW WEEKLY PLANT TRACKER

Eating a wide variety of whole, plant foods has many great benefits for our long-term health. This tracker helps you start where you are, and have fun bringing more colorful plants into your life. Count each food once! Single-ingredient canned & frozen foods count, too. Dried herbs count if using more than 1 tablespoon. See if you can get to 30 or more plants in a week!

### FRUITS

Total: \_\_\_\_\_

### VEGETABLES

Total: \_\_\_\_\_

### 100% WHOLE GRAINS

Total: \_\_\_\_\_

### LEGUMES

Total: \_\_\_\_\_

### NUTS & SEEDS

Total: \_\_\_\_\_

### FRESH HERBS & AROMATICS

Total: \_\_\_\_\_

DID YOU EAT THE RAINBOW?

TOTAL PLANTS EATEN:

- |                               |                                 |                                 |                                |
|-------------------------------|---------------------------------|---------------------------------|--------------------------------|
| <input type="checkbox"/> RED  | <input type="checkbox"/> ORANGE | <input type="checkbox"/> YELLOW | <input type="checkbox"/> GREEN |
| <input type="checkbox"/> BLUE | <input type="checkbox"/> PURPLE | <input type="checkbox"/> BROWN  | <input type="checkbox"/> WHITE |



## EAT THE RAINBOW CHEAT SHEET

The average person eats less than 20 whole plant foods per week. Increasing the diversity of plants in our diet builds a stronger foundation for good gut health, heart health, and a powerful immune system overall. Use this cheat sheet along with our plant tracker as a starting point for meal ideas and inspiration!

### FRUITS

Açaí, Apple, Apricot, Avocado, Banana, Blueberry, Cantaloupe, Cherry, Cucumber, Date, Dragon Fruit, Fig, Gooseberries, Grapefruit, Grapes, Guava, Kiwi, Mango, Mulberry, Nectarine, Orange, Papaya, Pear, Peach, Persimmon, Pineapple, Plum, Pomegranate, Quince, Raspberry, Strawberry, Watermelon

### VEGETABLES

Artichoke, Asparagus, Green Beans, Beets, Broccoli, Bok Choy, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Celeriac, Chard, Chayote, Collard Greens, Corn, Cucumber, Squash, Eggplant, Fennel, Jicama, Kale, Lettuce, Spinach, Mushrooms, Parsnip, Peppers, Potato, Pumpkin, Radish, Tomato, Zucchini

### 100% WHOLE GRAINS

Amaranth, Barley, Brown Rice, Buckwheat, Bulgar, Corn, Einkorn, Farro, Fonio, Freekeh, Kamut, Kañiwa, Millet, Oat, Quinoa, Rye, Sorghum, Spelt, Teff, Triticale, Whole Wheat, Wild Rice

### NUTS & SEEDS

Almond, Baru Nuts, Brazil Nut, Cashew, Chia Seed, Flaxseed, Hazelnut, Hemp Seeds, Macademia, Peanuts, Pecan, Pili Nuts, Pine Nuts, Pistachio, Pumpkin Seed, Sesame Seed, Sunflower Seeds, Walnut. Includes single ingredient nut-butters.

### LEGUMES

Adzuki Beans, Black Beans, Black Eyed Peas, Bolita Beans, Cannellini Beans, Chickpeas (Garbanzo), Cranberry Beans, Edamame, Fava Beans, Gigante Beans, Kidney Bean, Lentils, Lima Beans, Mung Beans, Navy Bean, Peas, Pinto Beans, Red Beans

### FRESH HERBS & AROMATICS

Arugula, Basil, Chervil, Chili Peppers, Chives, Cilantro, Dill, Garlic, Ginger, Horseradish, Leeks, Lemon Grass, Mint, Onions, Oregano, Parsley, Rosemary, Sage, Scallions, Shallots, Sorrel, Tarragon, Thyme, Turmeric

DID YOU EAT THE RAINBOW?

TOTAL PLANTS EATEN:

RED  ORANGE  YELLOW  GREEN  
 BLUE  PURPLE  BROWN  WHITE