

Weekly Plantanuary assessment

Fruit

E.G apple, banana, berries

DAY	NUMBER ACHEIVED



Veg

EG Carrot, Courgette, Leeks

DAY	NUMBER ACHEIVED



Whole grains

EG Quinoa, rice

DAY	NUMBER ACHEIVED



Pulses

EG Chickpeas, lentils

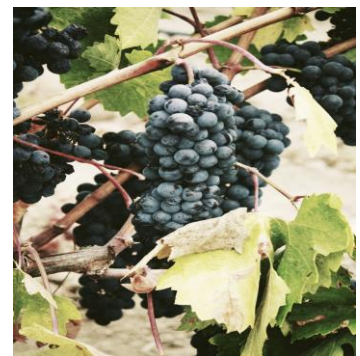
DAY	NUMBER ACHEIVED



Nuts & Seeds

EG Almonds, cashews, pumpkin seeds

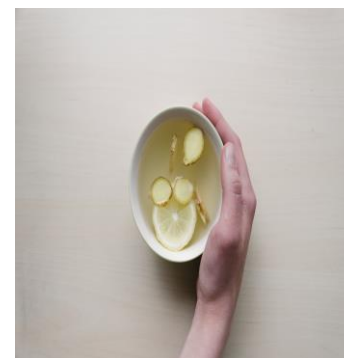
DAY	NUMBER ACHEIVED



Herbs & Spices

EG Turmeric, ginger, pepper

DAY	NUMBER ACHEIVED



Over the period of 7 days record the number of different plant based foods you eat. Total it up at the end to try and reach 30 different varieties.

Total number achieved this week

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