

Weekly Gut Microbiome Diversity Tracker

Goal: Aim to eat 30-40+ different plant foods weekly to feed the good gut bugs!

Fruits

- ☐ Apple
- ☐ Banana
- ☐ Kiwi
- ☐ Pear
- ☐ Pomegranate
- ☐ Mango
- ☐ Papaya
- ☐ Orange/Mandarin
- ☐ Berries (any)
- ☐ Pineapple
- ☐ Melon
- ☐ Plum
- ☐ Peach
- ☐ Figs (fresh or dried)
- ☐ Dates

Herbs, spices & Greens

- ☐ Parsley
- ☐ Coriander
- ☐ Mint
- ☐ Basil
- ☐ Dill
- ☐ Rocket
- ☐ Mixed Salad Greens
- ☐ Dandelion Greens
- ☐ Oregano
- ☐ Thyme
- ☐ Rosemary
- ☐ Cumin
- ☐ Cinnamon

Vegetables

- ☐ Carrot
- ☐ Beetroot
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Cabbage (red/green)
- ☐ Kale
- ☐ Spinach
- ☐ Zucchini
- ☐ Pumpkin
- ☐ Sweet Potato
- ☐ Potato (with skin)
- ☐ Eggplant
- ☐ Capsicum (All colours)
- ☐ Tomato
- ☐ Cucumber
- ☐ Asparagus
- ☐ Green Beans
- ☐ Mushrooms (any)

Alliums & Aromatics

- ☐ Onion
- ☐ Garlic
- ☐ Leek
- ☐ Spring Onion
- ☐ Shallot
- ☐ Chives
- ☐ Ginger
- ☐ Turmeric

Legumes & Grains

- ☐ Rolled/Steel-Cut Oats
- ☐ Quinoa
- ☐ Brown Rice
- ☐ Buckwheat
- ☐ Barley
- ☐ Lentils (any)
- ☐ Chickpeas
- ☐ Black Beans
- ☐ Kidney Beans
- ☐ Butter Beans
- ☐ Green Peas
- ☐ Soybeans/Edamame

Nuts, seeds & healthy fats

- ☐ Almonds
- ☐ Walnuts
- ☐ Cashews
- ☐ Brazil Nuts
- ☐ Flaxseeds
- ☐ Chia Seeds
- ☐ Pumpkin Seeds
- ☐ Sunflower Seeds
- ☐ Hemp Seeds
- ☐ Sesame Seeds (or tahini)
- ☐ Nut Butter (natural)
- ☐ Avocado

Fermented extras

- ☐ Sauerkraut
- ☐ Kimchi
- ☐ Tempeh
- ☐ Miso
- ☐ Plant-Based Yoghurt

