

My Weekly Plant Points Planner

Date: _____ Week Number _____

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Wholegrains: _____	Wholegrains: _____	Wholegrains: _____	Wholegrains: _____	Wholegrains: _____	Wholegrains: _____	Wholegrains: _____
Fruit: _____	Fruit: _____	Fruit: _____	Fruit: _____	Fruit: _____	Fruit: _____	Fruit: _____
Vegetables: _____	Vegetables: _____	Vegetables: _____	Vegetables: _____	Vegetables: _____	Vegetables: _____	Vegetables: _____
Nuts & seeds: _____	Nuts & seeds: _____	Nuts & seeds: _____	Nuts & seeds: _____	Nuts & seeds: _____	Nuts & seeds: _____	Nuts & seeds: _____
Legumes: _____	Legumes: _____	Legumes: _____	Legumes: _____	Legumes: _____	Legumes: _____	Legumes: _____
Herbs & spices: _____	Herbs & spices: _____	Herbs & spices: _____	Herbs & spices: _____	Herbs & spices: _____	Herbs & spices: _____	Herbs & spices: _____
Daily Total: Plant Points	Daily Total: Plant Points	Daily Total: Plant Points	Daily Total: Plant Points	Daily Total: Plant Points	Daily Total: Plant Points	Daily Total: Plant Points



Weekly Total:
Plant Points

To find out how to calculate your plant points,
check out this article here: www.theguthealthdoctor.com/30-plant-points

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