

Back to Our *Roots*

Plant Eating Challenge



How to Use This Tracker: Mark each plant you eat this week in the checklist below. If a category does not include a plant you've eaten, you can add it to a blank line. At the end of the week, total up the number of plant-based foods you've eaten!

When you've completed the 3-week challenge, tell us about your experience to receive a Healthy IU incentive!

Visit go.iu.edu/summer-challenge for details.

Week 1: Goal _____ Total _____

Vegetables

- | | | | | |
|-------------------------------------------|-----------------------------------------|-----------------------------------------|---------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Arame | <input type="checkbox"/> Carrot | <input type="checkbox"/> Jicama | <input type="checkbox"/> Pepper | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Cassava | <input type="checkbox"/> Kale | <input type="checkbox"/> Peas | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Potato | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Celery | <input type="checkbox"/> Kombu | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Chard | <input type="checkbox"/> Leek | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Wakame |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Radish | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Mushroom | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Bell Pepper | <input type="checkbox"/> Corn | <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Wheatgrass |
| <input type="checkbox"/> Bitter Melon | <input type="checkbox"/> Daikon | <input type="checkbox"/> Napa Cabbage | <input type="checkbox"/> Shallot | <input type="checkbox"/> Yam |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Dulse | <input type="checkbox"/> Nori | <input type="checkbox"/> Snow Peas | <input type="checkbox"/> Yucca |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Okra | <input type="checkbox"/> Spinach | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Endive | <input type="checkbox"/> Olive | <input type="checkbox"/> Squash | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Green Bean | <input type="checkbox"/> Onion | <input type="checkbox"/> Sweet Potato | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Green Onion | <input type="checkbox"/> Parsnip | <input type="checkbox"/> Taro | <input type="checkbox"/> _____ |

Fruits

- | | | | | |
|-------------------------------------|--------------------------------------|--------------------------------------|----------------------------------------|-------------------------------------|
| <input type="checkbox"/> Açai | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Jackfruit | <input type="checkbox"/> Papaya | <input type="checkbox"/> Quince |
| <input type="checkbox"/> Apple | <input type="checkbox"/> Date | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Raspberry |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Dragonfruit | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Peach | <input type="checkbox"/> Star Fruit |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Durian | <input type="checkbox"/> Lemon | <input type="checkbox"/> Pear | <input type="checkbox"/> Strawberry |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Fig | <input type="checkbox"/> Lime | <input type="checkbox"/> Persimmon | <input type="checkbox"/> Tamarind |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Goji | <input type="checkbox"/> Lingonberry | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Tangerine |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Grape | <input type="checkbox"/> Lychee | <input type="checkbox"/> Plantain | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Mango | <input type="checkbox"/> Plum | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Guava | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Coconut | <input type="checkbox"/> Honeydew | <input type="checkbox"/> Orange | <input type="checkbox"/> Pomelo | <input type="checkbox"/> _____ |

Continued on back

Grains

- | | | | | |
|------------------------------------|---------------------------------|----------------------------------|------------------------------------|--------------------------------|
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Millet | <input type="checkbox"/> Rye | <input type="checkbox"/> Triticale | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Oats | <input type="checkbox"/> Sorghum | <input type="checkbox"/> Wheat | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Quinoa | <input type="checkbox"/> Spelt | <input type="checkbox"/> Wild Rice | |
| <input type="checkbox"/> Farro | <input type="checkbox"/> Rice | <input type="checkbox"/> Teff | <input type="checkbox"/> _____ | |

Nuts & Seeds

- | | | | | |
|-------------------------------------|------------------------------------|----------------------------------------|-----------------------------------------|--------------------------------|
| <input type="checkbox"/> Almond | <input type="checkbox"/> Chocolate | <input type="checkbox"/> Macadamia Nut | <input type="checkbox"/> Pumpkin Seed | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Coffee | <input type="checkbox"/> Peanut | <input type="checkbox"/> Sesame Seed | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cashew | <input type="checkbox"/> Flaxseed | <input type="checkbox"/> Pecan | <input type="checkbox"/> Sunflower Seed | |
| <input type="checkbox"/> Chestnut | <input type="checkbox"/> Hazelnut | <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Walnut | |
| <input type="checkbox"/> Chia Seed | <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Pistachio | <input type="checkbox"/> _____ | |

Beans & Legumes

- | | | | | |
|-------------------------------------------|-----------------------------------------|-------------------------------------|--------------------------------------|--------------------------------|
| <input type="checkbox"/> Adzuki Beans | <input type="checkbox"/> Fava Beans | <input type="checkbox"/> Lima Beans | <input type="checkbox"/> Pigeon Pea | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> Garbanzo Beans | <input type="checkbox"/> Mung Beans | <input type="checkbox"/> Pinto Beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Black-Eyed Peas | <input type="checkbox"/> Kidney Beans | <input type="checkbox"/> Navy Beans | <input type="checkbox"/> Soybeans | |
| <input type="checkbox"/> Cannellini Beans | <input type="checkbox"/> Lentils | <input type="checkbox"/> Peas | <input type="checkbox"/> _____ | |

Herbs & Spices

- | | | | | |
|-----------------------------------------|---------------------------------------|---------------------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Chervil | <input type="checkbox"/> Fenugreek | <input type="checkbox"/> Licorice | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Chili Pepper | <input type="checkbox"/> Galangal | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Chives | <input type="checkbox"/> Garlic | <input type="checkbox"/> Mint | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Cilantro | <input type="checkbox"/> Ginger | <input type="checkbox"/> Mustard | <input type="checkbox"/> Tea |
| <input type="checkbox"/> Caper | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Grains of Paradise | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Caraway | <input type="checkbox"/> Clove | <input type="checkbox"/> Hibiscus | <input type="checkbox"/> Oregano | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Coriander | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Paprika | <input type="checkbox"/> Vanilla |
| <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> Cumin | <input type="checkbox"/> Kaffir Lime | <input type="checkbox"/> Parsley | <input type="checkbox"/> Wasabi |
| <input type="checkbox"/> Celery Seed | <input type="checkbox"/> Dill | <input type="checkbox"/> Lavender | <input type="checkbox"/> Pepper | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Chamomile | <input type="checkbox"/> Fennel | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Rosemary | <input type="checkbox"/> _____ |

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Plant Eating Challenge



How to Use This Tracker: Mark each plant you eat this week in the checklist below. If a category does not include a plant you've eaten, you can add it to a blank line. At the end of the week, total up the number of plant-based foods you've eaten!

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Week 2: Goal _____ Total _____

Vegetables

- | | | | | |
|-------------------------------------------|-----------------------------------------|-----------------------------------------|---------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Arame | <input type="checkbox"/> Carrot | <input type="checkbox"/> Jicama | <input type="checkbox"/> Pepper | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Cassava | <input type="checkbox"/> Kale | <input type="checkbox"/> Peas | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Potato | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Celery | <input type="checkbox"/> Kombu | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Chard | <input type="checkbox"/> Leek | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Wakame |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Radish | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Mushroom | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Bell Pepper | <input type="checkbox"/> Corn | <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Wheatgrass |
| <input type="checkbox"/> Bitter Melon | <input type="checkbox"/> Daikon | <input type="checkbox"/> Napa Cabbage | <input type="checkbox"/> Shallot | <input type="checkbox"/> Yam |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Dulse | <input type="checkbox"/> Nori | <input type="checkbox"/> Snow Peas | <input type="checkbox"/> Yucca |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Okra | <input type="checkbox"/> Spinach | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Endive | <input type="checkbox"/> Olive | <input type="checkbox"/> Squash | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Green Bean | <input type="checkbox"/> Onion | <input type="checkbox"/> Sweet Potato | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Green Onion | <input type="checkbox"/> Parsnip | <input type="checkbox"/> Taro | <input type="checkbox"/> _____ |

Fruits

- | | | | | |
|-------------------------------------|--------------------------------------|--------------------------------------|----------------------------------------|-------------------------------------|
| <input type="checkbox"/> Açai | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Jackfruit | <input type="checkbox"/> Papaya | <input type="checkbox"/> Quince |
| <input type="checkbox"/> Apple | <input type="checkbox"/> Date | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Raspberry |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Dragonfruit | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Peach | <input type="checkbox"/> Star Fruit |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Durian | <input type="checkbox"/> Lemon | <input type="checkbox"/> Pear | <input type="checkbox"/> Strawberry |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Fig | <input type="checkbox"/> Lime | <input type="checkbox"/> Persimmon | <input type="checkbox"/> Tamarind |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Goji | <input type="checkbox"/> Lingonberry | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Tangerine |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Grape | <input type="checkbox"/> Lychee | <input type="checkbox"/> Plantain | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Mango | <input type="checkbox"/> Plum | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Guava | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Coconut | <input type="checkbox"/> Honeydew | <input type="checkbox"/> Orange | <input type="checkbox"/> Pomelo | <input type="checkbox"/> _____ |

Continued on back

Grains

- | | | | | |
|------------------------------------|---------------------------------|----------------------------------|------------------------------------|--------------------------------|
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Millet | <input type="checkbox"/> Rye | <input type="checkbox"/> Triticale | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Oats | <input type="checkbox"/> Sorghum | <input type="checkbox"/> Wheat | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Quinoa | <input type="checkbox"/> Spelt | <input type="checkbox"/> Wild Rice | |
| <input type="checkbox"/> Farro | <input type="checkbox"/> Rice | <input type="checkbox"/> Teff | <input type="checkbox"/> _____ | |

Nuts & Seeds

- | | | | | |
|-------------------------------------|------------------------------------|----------------------------------------|-----------------------------------------|--------------------------------|
| <input type="checkbox"/> Almond | <input type="checkbox"/> Chocolate | <input type="checkbox"/> Macadamia Nut | <input type="checkbox"/> Pumpkin Seed | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Coffee | <input type="checkbox"/> Peanut | <input type="checkbox"/> Sesame Seed | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cashew | <input type="checkbox"/> Flaxseed | <input type="checkbox"/> Pecan | <input type="checkbox"/> Sunflower Seed | |
| <input type="checkbox"/> Chestnut | <input type="checkbox"/> Hazelnut | <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Walnut | |
| <input type="checkbox"/> Chia Seed | <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Pistachio | <input type="checkbox"/> _____ | |

Beans & Legumes

- | | | | | |
|-------------------------------------------|-----------------------------------------|-------------------------------------|--------------------------------------|--------------------------------|
| <input type="checkbox"/> Adzuki Beans | <input type="checkbox"/> Fava Beans | <input type="checkbox"/> Lima Beans | <input type="checkbox"/> Pigeon Pea | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> Garbanzo Beans | <input type="checkbox"/> Mung Beans | <input type="checkbox"/> Pinto Beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Black-Eyed Peas | <input type="checkbox"/> Kidney Beans | <input type="checkbox"/> Navy Beans | <input type="checkbox"/> Soybeans | |
| <input type="checkbox"/> Cannellini Beans | <input type="checkbox"/> Lentils | <input type="checkbox"/> Peas | <input type="checkbox"/> _____ | |

Herbs & Spices

- | | | | | |
|-----------------------------------------|---------------------------------------|---------------------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Chervil | <input type="checkbox"/> Fenugreek | <input type="checkbox"/> Licorice | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Chili Pepper | <input type="checkbox"/> Galangal | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Chives | <input type="checkbox"/> Garlic | <input type="checkbox"/> Mint | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Cilantro | <input type="checkbox"/> Ginger | <input type="checkbox"/> Mustard | <input type="checkbox"/> Tea |
| <input type="checkbox"/> Caper | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Grains of Paradise | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Caraway | <input type="checkbox"/> Clove | <input type="checkbox"/> Hibiscus | <input type="checkbox"/> Oregano | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Coriander | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Paprika | <input type="checkbox"/> Vanilla |
| <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> Cumin | <input type="checkbox"/> Kaffir Lime | <input type="checkbox"/> Parsley | <input type="checkbox"/> Wasabi |
| <input type="checkbox"/> Celery Seed | <input type="checkbox"/> Dill | <input type="checkbox"/> Lavender | <input type="checkbox"/> Pepper | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Chamomile | <input type="checkbox"/> Fennel | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Rosemary | <input type="checkbox"/> _____ |

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How to Use This Tracker: Mark each plant you eat this week in the checklist below. If a category does not include a plant you've eaten, you can add it to a blank line. At the end of the week, total up the number of plant-based foods you've eaten!

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Week 3: Goal _____ Total _____

Vegetables

- | | | | | |
|-------------------------------------------|-----------------------------------------|-----------------------------------------|---------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Arame | <input type="checkbox"/> Carrot | <input type="checkbox"/> Jicama | <input type="checkbox"/> Pepper | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Cassava | <input type="checkbox"/> Kale | <input type="checkbox"/> Peas | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Potato | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Celery | <input type="checkbox"/> Kombu | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Chard | <input type="checkbox"/> Leek | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Wakame |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Radish | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Mushroom | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Bell Pepper | <input type="checkbox"/> Corn | <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Wheatgrass |
| <input type="checkbox"/> Bitter Melon | <input type="checkbox"/> Daikon | <input type="checkbox"/> Napa Cabbage | <input type="checkbox"/> Shallot | <input type="checkbox"/> Yam |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Dulse | <input type="checkbox"/> Nori | <input type="checkbox"/> Snow Peas | <input type="checkbox"/> Yucca |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Okra | <input type="checkbox"/> Spinach | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Endive | <input type="checkbox"/> Olive | <input type="checkbox"/> Squash | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Green Bean | <input type="checkbox"/> Onion | <input type="checkbox"/> Sweet Potato | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Green Onion | <input type="checkbox"/> Parsnip | <input type="checkbox"/> Taro | <input type="checkbox"/> _____ |

Fruits

- | | | | | |
|-------------------------------------|--------------------------------------|--------------------------------------|----------------------------------------|-------------------------------------|
| <input type="checkbox"/> Açai | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Jackfruit | <input type="checkbox"/> Papaya | <input type="checkbox"/> Quince |
| <input type="checkbox"/> Apple | <input type="checkbox"/> Date | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Raspberry |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Dragonfruit | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Peach | <input type="checkbox"/> Star Fruit |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Durian | <input type="checkbox"/> Lemon | <input type="checkbox"/> Pear | <input type="checkbox"/> Strawberry |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Fig | <input type="checkbox"/> Lime | <input type="checkbox"/> Persimmon | <input type="checkbox"/> Tamarind |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Goji | <input type="checkbox"/> Lingonberry | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Tangerine |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Grape | <input type="checkbox"/> Lychee | <input type="checkbox"/> Plantain | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Mango | <input type="checkbox"/> Plum | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Guava | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Coconut | <input type="checkbox"/> Honeydew | <input type="checkbox"/> Orange | <input type="checkbox"/> Pomelo | <input type="checkbox"/> _____ |

Continued on back

Grains

- | | | | | |
|------------------------------------|---------------------------------|----------------------------------|------------------------------------|--------------------------------|
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Millet | <input type="checkbox"/> Rye | <input type="checkbox"/> Triticale | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Oats | <input type="checkbox"/> Sorghum | <input type="checkbox"/> Wheat | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Quinoa | <input type="checkbox"/> Spelt | <input type="checkbox"/> Wild Rice | |
| <input type="checkbox"/> Farro | <input type="checkbox"/> Rice | <input type="checkbox"/> Teff | <input type="checkbox"/> _____ | |

Nuts & Seeds

- | | | | | |
|-------------------------------------|------------------------------------|----------------------------------------|-----------------------------------------|--------------------------------|
| <input type="checkbox"/> Almond | <input type="checkbox"/> Chocolate | <input type="checkbox"/> Macadamia Nut | <input type="checkbox"/> Pumpkin Seed | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Coffee | <input type="checkbox"/> Peanut | <input type="checkbox"/> Sesame Seed | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cashew | <input type="checkbox"/> Flaxseed | <input type="checkbox"/> Pecan | <input type="checkbox"/> Sunflower Seed | |
| <input type="checkbox"/> Chestnut | <input type="checkbox"/> Hazelnut | <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Walnut | |
| <input type="checkbox"/> Chia Seed | <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Pistachio | <input type="checkbox"/> _____ | |

Beans & Legumes

- | | | | | |
|-------------------------------------------|-----------------------------------------|-------------------------------------|--------------------------------------|--------------------------------|
| <input type="checkbox"/> Adzuki Beans | <input type="checkbox"/> Fava Beans | <input type="checkbox"/> Lima Beans | <input type="checkbox"/> Pigeon Pea | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> Garbanzo Beans | <input type="checkbox"/> Mung Beans | <input type="checkbox"/> Pinto Beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Black-Eyed Peas | <input type="checkbox"/> Kidney Beans | <input type="checkbox"/> Navy Beans | <input type="checkbox"/> Soybeans | |
| <input type="checkbox"/> Cannellini Beans | <input type="checkbox"/> Lentils | <input type="checkbox"/> Peas | <input type="checkbox"/> _____ | |

Herbs & Spices

- | | | | | |
|-----------------------------------------|---------------------------------------|---------------------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Chervil | <input type="checkbox"/> Fenugreek | <input type="checkbox"/> Licorice | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Chili Pepper | <input type="checkbox"/> Galangal | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Chives | <input type="checkbox"/> Garlic | <input type="checkbox"/> Mint | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Cilantro | <input type="checkbox"/> Ginger | <input type="checkbox"/> Mustard | <input type="checkbox"/> Tea |
| <input type="checkbox"/> Caper | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Grains of Paradise | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Caraway | <input type="checkbox"/> Clove | <input type="checkbox"/> Hibiscus | <input type="checkbox"/> Oregano | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Coriander | <input type="checkbox"/> Horseradish | <input type="checkbox"/> Paprika | <input type="checkbox"/> Vanilla |
| <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> Cumin | <input type="checkbox"/> Kaffir Lime | <input type="checkbox"/> Parsley | <input type="checkbox"/> Wasabi |
| <input type="checkbox"/> Celery Seed | <input type="checkbox"/> Dill | <input type="checkbox"/> Lavender | <input type="checkbox"/> Pepper | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Chamomile | <input type="checkbox"/> Fennel | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Rosemary | <input type="checkbox"/> _____ |