PLANT POINT DIVERSITY CHART

COULD YOU HAVE 30 DIFFERENT PLANT-BASED FOODS IN ONE WEEK?
A VARIED DIET RICH IN COLOURFUL FOODS HELPS INCREASE DIVERSITY OF GUT MICROBES.
EACH DIFFERENT PLANT-BASED FOOD HOLDS DIFFERENT HEALTH BENEFITS FOR US!
NOTE DOWN EVERY FOOD EATEN ONLY ONCE WITHIN THE NEXT 7 DAYS TO ASSESS YOUR DIET DIVERSITY.

EX. RED AND WHITE ONION COUNT AS 2 DIFFERENT FOODS, RED CABBAGE AND WHITE CABBAGE
I.E. BREAD AND PASTA

evienutrition™
nutritional therapy

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK

info@evienutrition.co.uk https://www.facebook.com/evienutrition/ www.evienutrition.co.uk 07795411832
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