Daily Food Variety Chart – either tick if eaten or record amount if you would like keep track in more detail.

Vegetables/ salad fresh/ froz /jar/ tin	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Asparagus							
Aubergine							
Bamboo shoots							
Beetroot							
Broccoli							
Brussel Sprouts							
Butternut Squash							
Cabbage							
Carrots							
Cauliflower							
Celeriac							
Celery							
Chard							
Chicory							
Chilli							
Courgette							
Edamame Beans							
Endive							
Fennel							
Garlic							
Green Beans							
Green Pepper							
Kale							
Kohl Rabi							
Leek							
Lettuce							
Mushrooms							
Olives							
Onion							
Pak Choy							
Peas							
Potatoes							
Pumpkin/ other squash							
Red Cabbage							
Red Peppers							
Rocket							
Shallots							
Spinach							
Sprouted pulses							
Swede							
Sweet potatoes							
Sweetcorn							
Tomatoes							
Turnip							
Winter Greens							

Daily Food Variety Chart – either tick if eaten or record amount if you would like keep track in more detail.

Fruit	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Apples							
Apricot							
Bananas							
Berries - dark							
Blueberries							
Cherries							
Damsons							
Date							
Fig							
Gooseberry							
Grapefruit							
Grapes							
Kiwi							
Lemon							
Lime							
Nectarine							
Mango							
Orange							
Passion fruit							
Pawpaw							
Pear							
Physalis							
Plum							
Raspberries							
Rhubarb							
Strawberries							
Salad / Herbs							
Basil							
Bay							
Chicory flowers							
Coriander							
Dill							
Mint							
Nasturtiums							
Oregano							
Rosemary							
Sage							
Thyme							
Watercress							
Sorrel							
Radish							
Leaves							
Cucumber							
Capers							
Cornichon							
Artichoke hearts							
Avocado							

Daily Food Variety Chart – either tick if eaten or record amount if you would like keep track in more detail.

Meat	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bacon							
Beef							
Chicken							
Cured pork							
Lamb							
Liver							
Pork							
Sausage							
Venison							
Wild meat							
Fish							
Calamari							
Cod							
Haddock							
Lemon Sole							
Mackerel							
Monk Fish							
Prawns							
Salmon							
Scallop							
Sea Bass							
Sea Bream							
Tuna							
Eggs							
Dairy							
Cheese							
Cream fraiche							
Kefir							
Milk							
Yoghurt							
Fermented							
Saukraut – raw (Plant)							
Miso (Plant)							

Daily Food Variety Chart – either tick if eaten or record amount if you would like keep track in more detail.

Nuts	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Almonds							
Brazil nuts							
Cashews							
Hazelnuts							
Macadamia							
Pistachios							
Walnuts							
Seeds							
Chia							
Linseeds							
Pine nuts							
Poppy seeds							
Pumpkin seeds							
Sesame seeds							
Sprouted seeds							
Sunflower							
Pulses							
Red lentils							
Puy lentils							
Borlotti beans							
Kidney Beans							
Black beans							
Butter beans							
Baked beans							
Cannellini beans							
Chick peas							
Peanuts							
Yellow split peas							

Daily Food Variety Chart – either tick if eaten or record amount if you would like keep track in more detail.

Spices and dried fruit and seeds	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Caraway							
Cherries							
Chilli – fresh and dried							
Chocolate (70% +)							
Cinnamon							
Cloves							
Cocoa nibs							
Cocoa powder							
Coconut dried							
Coconut milk							
Coriander							
Cumin							
Fennel							
Fresh / dried turmeric							
Fresh/dried/jar ginger							
Horseradish							
Juniper							
Mace							
Nigella							
Nutmeg							
Pepper							
Saffron							
Tamarind							
Grains							
Oats							
Wholegrain rice							
Buckwheat							
Wheat flour							
Bread / crackers							
Rye sourdough							
Wheat sourdough							
Oat cakes							
Rice cakes							
White wheat bread							
White bread	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Daily Food Variety Chart – either tick if eaten or record amount if you would like keep track in more detail.

Oils	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Olive oil							
Coconut oil							
Butter (Non Plant)							
Sesame oil							
Walnut oil							
Avocado oil							
Condiments							
Balsamic vinegar							
Apple cider vinegar							
Tamari sauce							
Marmite							
Mustard							
Citrus zest							
Drinks							
Tea – black (no milk)							
Tea – black (no milk)							
Coffee - fresh							
Green tea							
Fruit juice							
Red wine							
Beer							
White wine							
Tonic							
Spirit							
Sweetening							
Coconut Sugar							
Dark brown sugar							
Honey							
Maple syrup							
Molasses							
White sugar							

Daily Food Variety Chart – either tick if eaten or record amount if you would like keep track in more detail.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun