

Vegetables

- Artichokes
- Asparagus
- Aubergines (Eggplant)
- Beetroots
- Bok choy
- Broccoli
- Brussels Sprouts
- Butternut Squash
- Cabbage (Red, White)
- Carrots
- Cauliflower
- Celery
- Chard (Swiss Chard)
- Chicory
- Courgettes (Zucchini)
- Cucumbers
- Fennel
- Garlic
- Green Beans
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Onions
- Parsnips
- Peas
- Peppers (Bell Peppers)
- Potatoes
- Radishes
- Rocket (Arugula)
- Shallots
- Spinach
- Spring Onions
- Sweet Potatoes
- Tomatoes
- Turnips
- Watercress

Other

- Cacao
- Carob
- Coconut
- Coffee
- Miso
- Seaweed
- Soy Sauce
- Tahini
- Tea (Black, Green, Herbal)
- _____
- _____
- _____

Grains & Cereal

- Amaranth
- Barley
- Buckwheat
- Bulgur Wheat
- Corn
- Couscous
- Farro
- Freekeh
- Millet
- Oats
- Quinoa
- Rice
- Rye
- Spelt
- Teff
- Wheat

For week commencing: / /

Nuts & Seeds

- Almonds
- Brazil Nuts
- Cashews
- Chia Seeds
- Chestnuts
- Flaxseeds
- Hazelnuts
- Hemp Seeds
- Macadamia
- Peanuts
- Pecans
- Pine Nuts
- Pistachios
- Poppy Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts

WEEKLY TOTALS



Vegetables:
Nuts & Seeds:
Fruit:
Herbs & Spices: ÷ 4 =
Legumes & Pulses:
Grains & Cereal:
Other:
Grand Total:

Legumes & Pulses

- Adzuki Beans
- Black Beans
- Black-Eyed Peas
- Broad Beans
- Butter Beans
- Cannellini Beans
- Chickpeas
- Green Beans
- Kidney Beans
- Lentils (Red, Green, Brown)
- Lima Beans
- Mung Beans
- Peas (Split, Fresh)
- Pinto Beans
- Soybeans (Edamame)

Fruit

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries
- Cherries
- Clementines
- Cranberries
- Dragon fruit
- Figs
- Grapes
- Guava
- Kiwis
- Lemons
- Limes
- Lychees
- Mangoes
- Melons
- Mulberries
- Nectarines
- Oranges
- Passion fruit
- Peaches
- Pears
- Pineapples
- Plums
- Pomegranates
- Raspberries
- Redcurrants
- Rhubarb
- Strawberries
- Tangerines
- Watermelons

Herbs & Spices

- Basil
- Bay Leaves
- Chives
- Coriander
- Dill
- Fennel Fronds
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Tarragon
- Thyme
- Allspice
- Anise
- Black Pepper
- Cardamom
- Cayenne Pepper
- Chili Flakes
- Cinnamon
- Cloves
- Cumin
- Curry Powder
- Fenugreek
- Garlic Powder
- Ginger
- Nutmeg
- Paprika
- Saffron
- Star Anise
- Turmeric

