

TRACKER

CHALLENGE DETAILS & BENEFITS:

LIFE ALIVE
ORGANIC CAFÉ

Vegetables | 1 PLANT POINT EACH

☐ ARTICHOKE	☐ CARROT	☐ KALE	☐ RADICCHIO
☐ ARUGULA	☐ CAULIFLOWER	☐ KOGINUT SQUASH	☐ SCALLION
☐ ASPARAGUS	☐ CELERY	☐ LETTUCE	☐ SPINACH
☐ BEET	☐ COLLARD GREENS	☐ MUSHROOM	☐ SQUASH
☐ BOK CHOY	☐ CUCUMBER	☐ ONION	☐ SWEET POTATO
☐ BROCCOLI	☐ EGGPLANT	☐ PARSNIP	☐ SWISS CHARD
☐ BRUSSELS SPROUTS	☐ FENNEL	☐ PEPPER	☐ TOMATILLO
☐ CABBAGE	☐ GREEN BEANS	☐ POTATO	☐ TOMATO
		☐ PUMPKIN	☐ TURNIP
		☐ RADISH	☐ ZUCCHINI

Fruit | 1 PLANT POINT EACH

☐ AÇAÍ	☐ CHERRY	☐ HONEYDEW	☐ PEACH
☐ APPLE	☐ CRANBERRY	☐ KIWI	☐ PEAR
☐ APRICOT	☐ DATE	☐ LEMON	☐ PINEAPPLE
☐ AVOCADO	☐ FIG	☐ LIME	☐ PLANTAIN
☐ BANANA	☐ GOJI BERRY	☐ MANGO	☐ PLUM/PRUNE
☐ BLACKBERRY	☐ GRAPEFRUIT	☐ NECTARINE	☐ POMEGRANATE
☐ CANTALOUPE	☐ GRAPE/RAISIN	☐ ORANGE	☐ RASPBERRY
		☐ OLIVE	☐ STRAWBERRY
		☐ PAPAYA	☐ WATERMELON

Whole Grains | 1 PLANT POINT EACH

☐ BARLEY	☐ QUINOA
☐ BROWN RICE	☐ RYE
☐ BUCKWHEAT	☐ SORGHUM
☐ CORN/POPCORN	☐ SPELT
☐ KAMUT	☐ TEFF
☐ MILLET	☐ WHOLE WHEAT
☐ OATS	☐ WILD RICE

Legumes | 1 PLANT POINT EACH

☐ BLACK BEANS	☐ LENTILS
☐ BLACK-EYED PEAS	☐ LIMA BEANS
☐ BUTTER BEANS	☐ NAVY BEANS
☐ CANNELINI BEANS	☐ PEAS
☐ CHICKPEAS	☐ PINTO BEANS
☐ FAVA BEANS	☐ SOYBEANS
☐ KIDNEY BEANS	☐ TOFU

Nuts/Seeds | 1 PLANT POINT EACH

☐ ALMONDS	☐ PEANUTS
☐ BRAZIL NUTS	☐ PECANS
☐ CASHEWS	☐ PILI NUTS
☐ CHIA SEEDS	☐ PINE NUTS
☐ COCONUT	☐ PISTACHIOS
☐ FLAX SEEDS	☐ PUMPKIN SEEDS
☐ HAZELNUTS	☐ SESAME SEEDS
☐ HEMP SEEDS	☐ SUNFLOWER SEEDS
☐ MACADAMIA NUTS	☐ WALNUTS

Herbs/Spices | 1/4 PLANT POINT EACH

☐ BASIL	☐ MATCHA
☐ CAYENNE	☐ MINT
☐ CILANTRO	☐ NUTMEG
☐ CINNAMON	☐ OREGANO
☐ CACAO	☐ PARSLEY
☐ CUMIN	☐ PEPPER
☐ DILL	☐ SAGE
☐ GARLIC	☐ THYME
☐ GINGER	☐ TURMERIC

☐ FILL IN A PLANT NOT LISTED

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WEEKLY PLANT POINT TOTAL: