







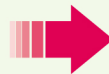
Plant-Based Diversity Planner

To get the most out of your diet, a little planning can go a long way. To start off with, it can be helpful to reflect on how many plant points you're currently eating on a regular basis. Over the past seven days, record the number of different plant-based foods you've eaten.

 Fruit (e.g., apple, banana)	 Vegetables (e.g., carrot, broccoli)	 Whole grains (e.g., wheat, quinoa)
 Legumes (e.g., chickpeas, lentils)	 Nuts & seeds (e.g., almonds, sunflower seeds)	 Herbs & spices (e.g., rosemary, black pepper)

Total number of plant points
(one portion counts as one
point; herbs and spices count
as a quarter of a point):

WRITE TOTAL HERE:



Less than 10

LET'S GET DIVERSIFYING

10-19 HOW CAN YOU
ADD MORE DIVERSITY?

20-29 NEARLY THERE

30+ WELL DONE!

9 Ways to Diversify Your Diet

CHECK OFF THE STRATEGIES YOU'RE GOING TO PUT INTO PRACTICE

- ☐ **1** Buy premixed combinations of salad and vegetables. (Instead of buying one type of salad leaf, buy a bag with grated carrot, cabbage, and sprouts, too.)
- ☐ **2** Experiment with grains outside your comfort zone. (Have you ever tried freekeh? If your local shop doesn't stock it, try online; it travels well.)
- ☐ **3** Make a grocery list before you hit the shops to avoid reverting to the same habit buys.
- ☐ **4** Empty a package of mixed seeds into a glass bottle and leave it on your dining table. It's a great way to remind you to sprinkle them on your meals, as you would pepper.
- ☐ **5** Motivation is a big part of changing habits. If competition gets you going, why not turn this into an office or family challenge?
- ☐ **6** Get the kids involved: Allow them to choose, buy, and even help prepare their "new" plant-based food for the week. Taking ownership is a great way to get the family on board.
- ☐ **7** Sometimes, inspiration is half the battle; check out page 67 for a range of plant-based foods worth trying.
- ☐ **8** Mix up your preparation methods. If you steamed your vegetables last night, why not add some olive oil and bake them tonight?
- ☐ **9** Experiment with different combinations of herbs and spices using the tips on the next page.