

Welcome to the Ultimate Plant Checklist!

Whether you're just plant-curious, halfway there,
or already tossing chickpeas like a pro—
you're in the right place.

Eating more plants isn't about being perfect.
It's about making simple, feel-good choices that add up.

And yes—you can still love cheese.

This checklist is your go-to tool for tracking
the amazing variety of plants you're eating—
so your meals feel inspiring (not overwhelming),
and your body gets the fiber-packed goodness it deserves.

Use it to:

Explore new foods
Make grocery shopping easier
Crowd out the junk without even trying
And feel seriously good while doing it

Progress, not perfection.
Plants, not pressure.

Let's make this fun. Let's make it doable.
Let's eat more plants—together.

Plantful & Sustainable

Vegetables

- | | |
|--|---|
| ☐ Artichokes | ☐ Fennel |
| ☐ Asparagus | ☐ Garlic |
| ☐ Beets | ☐ Green Onions |
| ☐ Bell Peppers | ☐ Leeks |
| ☐ Broccoli | ☐ Okra |
| ☐ Brussels Sprouts | ☐ Onions |
| ☐ Cabbage | ☐ Parsnips |
| ☐ Carrots | ☐ Radishes |
| ☐ Cauliflower | ☐ Sweet Potatoes |
| ☐ Celery | ☐ Tomatoes |
| ☐ Cucumber | ☐ Turnips |
| ☐ Daikon Radish | ☐ Zucchini |
| ☐ Eggplant
(Aubergine) | ☐ (Courgette) |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

Greens

- ☐ Arugula (Rocket)
- ☐ Bok Choy
- ☐ Chicory
- ☐ Collard Greens
- ☐ Dandelion Greens
- ☐ Endive
- ☐ Kale
- ☐ Lettuce
- ☐ Microgreens
- ☐ Mustard Greens
- ☐ Radicchio
- ☐ Romaine
- ☐ Spinach
- ☐ Swiss Chard
- ☐ Watercress
- ☐ _____
- ☐ _____

Fruits

- ☐ Apples
- ☐ Bananas
- ☐ Blueberries
- ☐ Cantaloupe
- ☐ Cherries
- ☐ Cranberries
- ☐ Dates
- ☐ Dragon Fruit
- ☐ Figs
- ☐ Grapes
- ☐ Guava
- ☐ Honeydew
- ☐ _____
- ☐ _____
- ☐ Kiwi
- ☐ Lychee
- ☐ Mangoes
- ☐ Oranges
- ☐ Papaya
- ☐ Peaches
- ☐ Pears
- ☐ Persimmons
- ☐ Pineapples
- ☐ Plums
- ☐ Pomegranate
- ☐ Strawberries
- ☐ Watermelon
- ☐ _____

Nuts

- ☐ Almonds
- ☐ Brazil Nuts
- ☐ Cashews
- ☐ Chestnuts
- ☐ Hazelnuts
- ☐ Macadamia
- ☐ Pecans
- ☐ Pine Nuts
- ☐ Pistachios
- ☐ Walnuts

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Seeds

- ☐ Chia
- ☐ Cumin
- ☐ Fennel
- ☐ Flaxseeds
- ☐ Hemp
- ☐ Mustard
- ☐ Nigella
- ☐ Poppy
- ☐ Pumpkin
- ☐ Sesame
- ☐ Sunflower

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☐ _____

Herbs

- ☐ Basil
- ☐ Bay Leaves
- ☐ Chives
- ☐ Cilantro
(Coriander)
- ☐ Dill
- ☐ Fenugreek
- ☐ Lavender
- ☐ Lemongrass
- ☐ Marjoram
- ☐ _____

- ☐ Mint
- ☐ Oregano
- ☐ Parsley
- ☐ Rosemary
- ☐ Sage
- ☐ Sorrel
- ☐ Tarragon
- ☐ Thyme
- ☐ _____
- ☐ _____
- ☐ _____

Spices

- | | |
|---|--|
| ☐ Allspice | ☐ Cumin |
| ☐ Anise | ☐ Ginger |
| ☐ Black Pepper | ☐ Nutmeg |
| ☐ Cardamom | ☐ Paprika |
| ☐ Cayenne Pepper | ☐ Saffron |
| ☐ Chili Powder | ☐ Turmeric |
| ☐ Cinnamon | ☐ Vanilla Beans |
| ☐ Cloves | ☐ White Pepper |
| ☐ Coriander | ☐ _____ |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

Mushrooms

☐ Button Mushrooms

☐ Chanterelle

☐ Cremini

☐ Enoki

☐ King Trumpet

☐ Lion's Mane

☐ Maitake

☐ Morel

☐ Oyster Mushrooms

☐ Porcini

☐ Portobello

☐ Shiitake

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