

Vegetable + Fruit Species I Eat

List the species you are eating in each category. This chart will change over time. Start by filling in your baseline. Add as your palette evolves on your Body Thrive Journey.

From Grocery Store (non-local) (1 point)	From Farmers Market (regional) (2 points)	Homegrown (wild edible or homegrown) (3 points)	Invasive Weeds (4 points)	Tally Your Points

20 Tips: Plant Based Diet

1. Grow your own sprouts on your counter.
2. Plant a few edible plants in containers or in the earth. Learn how to tend them well.
3. Gather seeds. Plant seeds. Share seeds.
4. Sit by a tree and meditate.
5. Keep a “Plants I eat” list on your fridge. Expand your list.
6. Listen to plants. Be curious about your plant relationship.
7. Learn 2 invasive plants which are edible in your yard or ecosystem.
8. Blend tough invasive plants (unsprayed and grown in chem-free soil) like thistle into a green drink with apples, lemon and water.
9. Get a hold of a field guide for your bathroom or coffee table reading.
10. Recover chemically-polluted soil from weed killer. Add worm castings.
11. Notice in the wild areas near you what plants grow next to each other. Use your senses to get to know how that plant makes a living.
12. Once you know how that plant thrives, plant it in your own yard and tend to it's adaptation.
13. Follow the patterns of water in your yard or building. Watch how it flows. Can you retain it longer on site and use it? Collect rainwater.
14. Support local food growers. Know their goals and spread the word.
15. Hire a local botanist to take you and your pals off the beaten path on a wild plants walk. Ask them to also point out the edible invasive plants.
16. Ask a local permaculture specialist to help you better use your yard. If you have friends who are interested, you might turn it into a workshop.
17. Become your own witch. Make your own teas, tinctures, + salves. Dry greens for your winter green drinks.
18. Have work parties of trade with a friend to help each other with your yards.
19. Help children learn about seeds, growing food and composting.
20. Let your connection with nature become your daily “entertainment”.



Food Journal

Week ___ - ___

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
WATER							
1 2 3 4 5 6 7 8							
My Notes							
😊							
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