## NuTricia's Plant Tracker

Can you aim for 30 or more plants per week?

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| Week 1 |  |  |  |  |  |  |
|  | Vegetables | Fruits | Beans | Whole Grains | Nuts/Seeds | Herbs/Spices (count as 1/4 ) |
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| Week 2 |  |  |  |  |  |  |
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| Week 3 |  |  |  |  |  |  |
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| Week 4 |  |  |  |  |  |  |
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