



ROOTS & WINGS WELLNESS

A [Roots & Wings Wellness](#) Guide to Real Food + Real Change

Each plant you eat feeds not just your body, but also your gut-the foundation of your health, energy, and resilience.

Your goal: enjoy 30 different plant foods in 7 days. Fruits, veggies, herbs, grains, nuts, seeds, beans - they all count!

Keep this tracker handy and jot down what you eat. You might be surprised how easy (and delicious!) it is to reach 30.

Remember: progress over perfection. Real food, real life, real choices.

	List plant foods you ate today.	Total
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

- Reflection: What did you notice this week-in your energy, digestion, mood, or cravings?
- Remember: nourishing yourself with real food is an act of self-respect.



Keep going — your body is listening!