

# PLANTRICIAN<sup>®</sup> PLATE

GREENS +  
VEGETABLES



FRUITS



WHOLE  
GRAINS +  
STARCHES



BEANS +  
LEGUMES



SPICES + HERBS



NUTS + SEEDS



The  
**Plantrician Project**<sup>®</sup>  
*Planting the seeds of change*<sup>®</sup>