

Nutrivore Weekly Serving Matrix

WEEK OF: ____/____/____

INSTRUCTIONS: EVERY TIME YOU EAT, CHECK EVERY BOX THAT APPLIES FOR EACH FOOD ON YOUR PLATE

TOTAL VEGETABLES

AIM FOR AT LEAST 5 SERVINGS OF VEGETABLES DAILY

Can be any culinary vegetable

☐	☐	☐	☐	☐	☐
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☐	☐	☐	☐	☐	☐

? ATE SOMETHING THAT DOESN'T FIT INTO A CHECKBOX?
That's okay! This Serving Matrix is for keeping track of the healthiest foods that are the foundation of a Nutrivore diet, rather than every single thing you eat.

TOTAL STARCHY FOODS

E.G., PULSE LEGUMES, WHOLE GRAINS, AND STARCHY VEGETABLES

Count starchy veggies like sweet potato both as a starch and a vegetable

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* If choosing whole-food plant proteins like lentils or edamame, merge the starch and protein quarters of your plate.

TOTAL PROTEIN FOODS

E.G., MEAT, SEAFOOD, BROTH, EGGS, DAIRY AND PLANT PROTEINS

Adjust servings if you need more or less protein

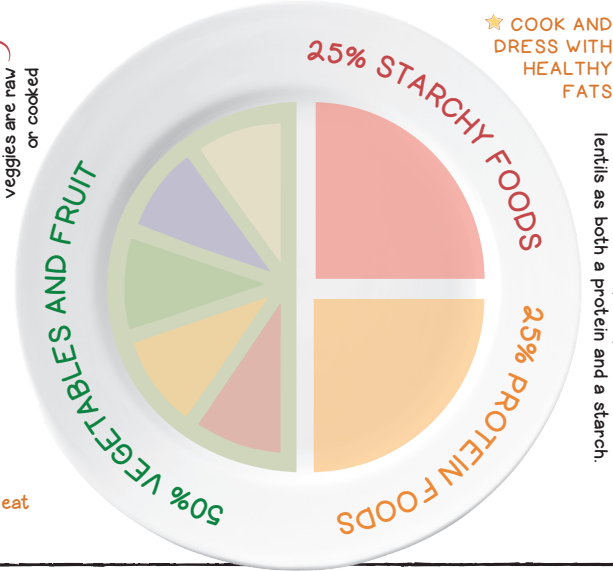
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TOTAL FRUIT

AIM FOR 2 SERVINGS OF FRUIT DAILY

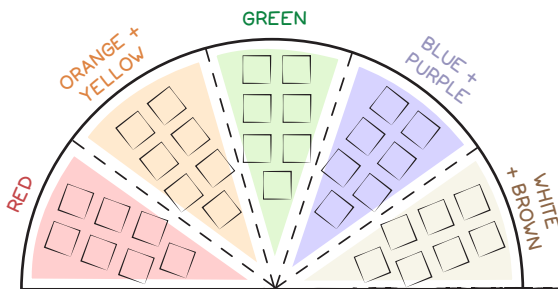
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★ 7+ daily servings of veggies and fruit is a great goal, but it's okay if you have to work up to it.



EAT THE RAINBOW

AIM FOR AT LEAST 1 SERVING OF EVERY COLOR DAILY



TOTAL DIETARY DIVERSITY

Count any whole or minimally-processed food (even ones that aren't counted elsewhere on this Serving Matrix) that you eat at least half a serving of throughout the week.

1.	10.	19.	28.
2.	11.	20.	29.
3.	12.	21.	30.
4.	13.	22.	31.
5.	14.	23.	32.
6.	15.	24.	33.
7.	16.	25.	34.
8.	17.	26.	35.
9.	18.	27.	

FOUNDATIONAL FOODS WEEKLY SERVINGS

7+ SERVINGS OF CRUCIFEROUS VEGGIES (e.g., cabbage, broccoli, kale)	☐	☐	☐	☐	☐	☐	☐
7+ SERVINGS OF LEAFY VEGGIES (e.g., lettuce, spinach, chard)	☐	☐	☐	☐	☐	☐	☐
7+ SERVINGS OF ROOT VEGGIES (e.g., sweet potatoes, carrots, beets)	☐	☐	☐	☐	☐	☐	☐
3+ SERVINGS OF ALLIUMS (e.g., onions, leeks, garlic)	☐	☐	☐	☐	☐	☐	☐
3+ SERVINGS OF MUSHROOMS	☐	☐	☐	☐	☐	☐	☐

3+ SERVINGS OF CITRUS	☐	☐	☐	☐
2+ SERVINGS OF BERRIES	☐	☐	☐	☐
4+ SERVINGS OF PULSE LEGUMES (e.g., black beans, lentils, chickpeas)	☐	☐	☐	☐
4+ SERVINGS OF NUTS AND SEEDS	☐	☐	☐	☐
3+ SERVINGS OF SEAFOOD	☐	☐	☐	☐

★ DON'T FORGET TO DRINK ENOUGH WATER!

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Check for each 12-24 oz you drink

BONUS SERVINGS (PROGRESS > PERFECTION: REMEMBER THAT THESE ARE BONUS AND NOT MUST!)

Additional VEGGIES	☐	☐	☐	☐	☐	☐	☐
Additional FRUIT (limit to 4 or 5 servings daily)	☐	☐	☐	☐	☐	☐	☐
Additional PULSE LEGUMES	☐	☐	☐	☐	☐	☐	☐
Additional NUTS & SEEDS	☐	☐	☐	☐	☐	☐	☐

Additional SEAFOOD	☐	☐	☐	☐	☐	☐	☐
SEA VEGGIES	☐	☐	☐	☐	☐	☐	☐
FERMENTED FOODS	☐	☐	☐	☐	☐	☐	☐
HERBS & SPICES	☐	☐	☐	☐	☐	☐	☐
EVOO, OLIVES AND AVOCADO	☐	☐	☐	☐	☐	☐	☐
BROTH	☐	☐	☐	☐	☐	☐	☐
ORGAN MEAT	☐	☐	☐	☐	☐	☐	☐

TEA	☐	☐	☐	☐
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