



*Day 4 Challenge*

# LEGUME WORKSHEET

tracker + planner

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# Legume Tracker

USE THE CHART BELOW TO TRACK YOUR  
CURRENT LEGUME CONSUMPTION

## LAST WEEK

Think back through last week, can you remember eating any beans or lentils? Put a checkmark under each day that you ate legumes. Underneath, write which legume you had that day.

**SUN**

☐

**MON**

☐

**TUE**

☐

**WED**

☐

**THU**

☐

**FRI**

☐

**SAT**

☐

*Below is a list of some common beans and lentils (as well as other things made from legumes) to jog your memory. All these foods count!*

### BEANS

- adzuki beans
- black beans
- butter beans
- cannellini beans
- chickpeas
- edamame
- kidney beans
- mung beans
- navy beans
- pinto beans
- soy beans

### LENTILS

- brown lentils
- French green lentils
- green split peas
- pigeon peas
- red lentils
- yellow lentils
- yellow split peas

*legume-based*

### PRODUCTS

- hummus
- bean-based pasta
- lentil-based pasta
- tempeh
- bean sprouts

# Legume Planner

PLAN OUT WHERE YOU'LL ADD LEGUMES  
INTO YOUR DIET

## THIS WEEK

Have you planned out your meals this week? How can you incorporate a few meals featuring beans or lentils? Use this calendar to plan out a few legume-rich meals over the next week.

	BREAKFAST	LUNCH	DINNER	SNACK
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				