







The Wheekwell Daily Plate

TheHappyGuineaPig.com

One portion vitamin C rich Veg	One portion mineral rich herb	One portion vitamin C and magnesium rich veg	One portion fun green stuff	Hay	Water
					
<ul style="list-style-type: none">• Celery Leaves• Collard Greens• Swiss and Red Chard• Spinach• Kale• Brussels Sprouts• Pepper	<ul style="list-style-type: none">• Parsley• Coriander• Dandelion Greens• Mint• Thyme	<ul style="list-style-type: none">• Broccoli• Cabbage• Cauliflower• Corn• Radishes• Spring Green	<ul style="list-style-type: none">• Cucumber• Courgette• Lettuces – not iceberg• Carrots• Turnip• Parsnip	<ul style="list-style-type: none">• Grass Hay is best for wearing down teeth and should be readily available all day and night.	<ul style="list-style-type: none">• Fresh water should be provided daily and the bowl / bottle cleaned each time.