

NAME \_\_\_\_\_

**ORANGE**

|                  |            |               |
|------------------|------------|---------------|
| Apricots         | Cantaloupe | Nectarine     |
| Bell pepper      | Carrots    | Orange        |
| Butternut squash | Grapefruit | Sweet potato  |
|                  | Mango      | Winter squash |

Foods

|                       |                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| SUN                   | MON                   | TUES                  | WED                   | THUR                  | FRI                   | SAT                   |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Weekly Servings

**YELLOW**

|              |                 |           |
|--------------|-----------------|-----------|
| Bell peppers | Corn-on-the-cob | Popcorn   |
| Corn         | Kale            | Spinach   |
|              |                 | Succotash |

Foods

|                       |                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| SUN                   | MON                   | TUES                  | WED                   | THUR                  | FRI                   | SAT                   |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Weekly Servings

**GREEN**

|                  |             |  |
|------------------|-------------|--|
| Asparagus        | Cabbage     | Greens (Beet, dandelion, collard, mustard, turnip) |
| Avocado          | Celery      | Lettuce  |
| Bean sprouts     | Chard       | Olives   |
| Bell pepper      | Cucumbers   | Spinach  |
| Broccoli         | Green beans | Snow peas  |
| Brussels sprouts | Green peas  | Watercress   |

Foods

|                       |                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| SUN                   | MON                   | TUES                  | WED                   | THUR                  | FRI                   | SAT                   |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Weekly Servings



## Eat a Rainbow of Healthy Foods

**RED**

|              |              |                        |
|--------------|--------------|------------------------|
| Apples       | Pomegranate  | Sweet red bell peppers |
| Applesauce   | Radishes     | Tomato                 |
| Cherries     | Raspberries  |                        |
| Kidney beans | Strawberries |                        |

Foods

|                       |                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| SUN                   | MON                   | TUES                  | WED                   | THUR                  | FRI                   | SAT                   |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Weekly Servings

**WHITE/TAN**

|           |                        |          |
|-----------|------------------------|----------|
| Bean dips | Nuts                   | Shallots |
| Garlic    | Onions                 | Tahini   |
| Hummus    | Refried beans, low-fat |          |
| Legumes   |                        |          |

Foods

|                       |                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| SUN                   | MON                   | TUES                  | WED                   | THUR                  | FRI                   | SAT                   |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Weekly Servings

**BLUE/PURPLE**

|                  |                 |                        |
|------------------|-----------------|------------------------|
| Blackberries     | Eggplant        | Potatoes (purple)      |
| Blueberries      | Grapes (purple) | Raisins                |
| Carrots (purple) | Kale (purple)   | Rice (black or purple) |
| Dates            | Plums           |                        |

Foods

|                       |                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| SUN                   | MON                   | TUES                  | WED                   | THUR                  | FRI                   | SAT                   |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Weekly Servings