Weekly CHECKLIST

Eat the Rainbow

Red	☐	☐	☐	☐	☐	☐	☐
Orange	☐	☐	☐	☐	☐	☐	☐
Yellow	☐	☐	☐	☐	☐	☐	☐
Green	☐	☐	☐	☐	☐	☐	☐
Blue	☐	☐	☐	☐	☐	☐	☐
Brown	☐	☐	☐	☐	☐	☐	☐

Red

- Apple
- Cherry
- Grape
- Raspberries
- Strawberry
- Beetroot
- Cabbage
- Onion
- Peppers
- Radish
- Rhubarb
- Tomato

Orange

- Apricot
- Cantaloup
- Mango
- Peach
- Carrots
- Peppers
- Sweet potato
- Pumpkin
- Turmeric

Yellow

- Banana
- Pineapple
- Corn
- Potato
- Ginger root
- Courgette

Green

- Apple
- Grapes
- Kiwi
- Cucumber
- Broccoli
- Cabbage
- Kale
- Avocado
- Asparagus
- Spinach
- Peas
- Lettuce
- Celery
- Olives
- Leeks

Blue / Black

- Blueberries
- Blackberries
- Black grapes
- Aubergine
- Black olives

Brown / white

- Oats
- Nuts
- Nut butter
- Seeds
- Lentils
- Chickpeas
- Cauliflower
- Parsnips
- Mushrooms
- Onion
- Garlic