

# Eat The Rainbow

Check off the colors of the healthy food you eat each day

COLORS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RED							
ORANGE							
YELLOW							
GREEN							
BLUE							
PURPLE							

**Red** red peppers, apples, strawberries, raspberries, tomatoes, cherries

**Orange** orange peppers, oranges, carrots, mangoes, sweet potatoes, butternut squash, peaches

**Yellow** yellow peppers, yellow squash, bananas, pineapple, star fruit, lemons

**Green** spinach, cucumbers, peppers, asparagus, green beans, green squash, spinach, avocados,

**Blue** blueberries, grapes, blue potatoes, blackberries,

**Purple** eggplant, cabbage, plums, grapes, beets, purple squash



# Weekly Schedule

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							

