

Eat the Rainbow Challenge

Challenge:

Keep track of the colors of fruits and vegetables you eat for five days! Try to pick at least one fruit or vegetable each day that you have never tried before - have fun experimenting!

** Aim for at least five different colors per day*

Here are some ideas to get you started:

Red - Cherries, Beets, Pomegranates, Red Peppers, Red Potatoes, Tomatoes

Orange - Apricots, Cantaloups, Papayas, Sweet Potatoes, Nectarines

Yellow - Yellow Squash, Asian Pears, Golden Beets, Ginger Root, Golden Kiwi

Green - Artichokes, Asparagus, Avocado, Broccoli, Brussel Sprouts, Edamame

Blue/Purple/Black - Plums, Blackberries, Purple Cabbage, Blueberries, Figs

White/Tan/Brown - Pears, Onions, Garlic, Shallots, Parsnips, Jicama, Dates



**This challenge will run
from March 11 - 22.**

	Monday	Tuesday	Wednesday	Thursday	Friday
Red					
Orange					
Yellow					
Green					
Blue/ Purple/ Black					
White/ Tan/ Brown					
Total					