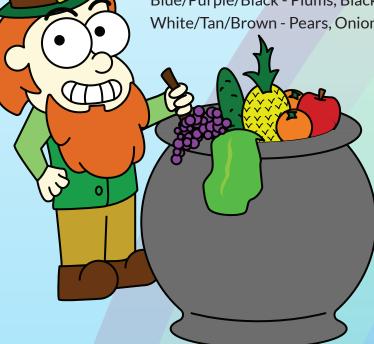


Keep track of the colors of fruits and vegetables you eat for five days! Try to pick at least one fruit or vegetable each day that you have never tried before - have fun experimenting!

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					