

Eat a rainbow tracker

USE THIS TABLE TO RECORD YOUR FRUIT AND
VEGETABLE COLOUR INATKE OVER A WEEK

	RED APPLES, BEETROOT, BLOOD ORANGE, CRANBERRIES, CHERRIES, RED GRAPES, NECTARINES, RED ONIONS, RED PEPPERS, POMEGRANATES, RADICCHIO, RADISH, RASPBERRIES, RHUBARB, STRAWBERRIES, TOMATOES	CANTALOUPE, GINGER ROOT, GRAPEFRUIT, LEMONS, PEACHES, YELLOW PEPPER, PINEAPPLE, SUMMER SQUASH, SWEETCORN	APRICOTS, BUTTERNUT SQUASH, CARROTS, MANGOES, ORANGES, PAPAYA, ORANGES, ORANGE PEPPER, PUMPKIN, SWEET POTATO, TANGERINE, TURMERIC ROOT, YELLOW CARROTS	GREEN APPLE, ARTICHOKE, ASPARAGUS, AVOCADO, GREEN BEANS, BEET GREENS, BOK CHOY, BROCCOLI, BRUSSELS SPROUTS, SAVOY CABBAGE, ROMANESCO CAULIFLOWER, CAVOLO NERO, CELERY, COLLARD GREENS, COURGETTE, CUCUMBER, EDAMAME, ENDIVE, KALE, KIWI, ROMAINE, OKRA, OLIVES, PEAS, GREEN PEPPER, ROCKET, SPINACH, SWISS CHARD, WATERCRESS	AUBERGINE, BLUEBERRIES, BLACKBERRIES, PURPLE BROCCOLI, RED CABBAGE, PURPLE CARROTS, PURPLE CAULIFLOWER, ELDERBERRIES, FIGS, BLACK GRAPES, PURPLE KALE, KALAMATA OLIVES, PLUMS, PURPLE SWEET POTATO	JERUSALEM ARTICHOKES, WHITE CABBAGE, CAULIFLOWER, COCONUT, FENNEL, GARLIC, LYCHEES, MUSHROOMS, ONIONS, PARSNIPS, WHITE PEACHES, PEARS, SHALLOTS, TURNIPS, YAMS
MON						
TUES						
WED						
THURS						
FRI						
SAT						
SUN						