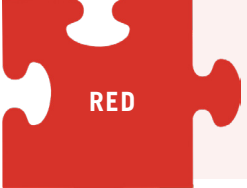







INTERCONNECTED

The key is to have at least 2 serving of each color food EVERYDAY.
1 cup of raw vegetables or 2 cups of raw leafy greens can be considered as 1 serving

 <p>RED</p>	<p>Apples, Kidney beans, Beets, Bell peppers, Cherries, Grapes, Plums, Potatoes, Pomegranate, Raspberries, Strawberries, Tomatoes, Watermelon</p>	<table border="1"> <tbody> <tr> <td>SU</td><td>M</td><td>TU</td><td>W</td><td>TH</td><td>F</td><td>SA</td> </tr> <tr> <td>SU</td><td>M</td><td>TU</td><td>W</td><td>TH</td><td>F</td><td>SA</td> </tr> </tbody> </table>	SU	M	TU	W	TH	F	SA	SU	M	TU	W	TH	F	SA
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SU	M	TU	W	TH	F	SA										
 <p>ORANGE</p>	<p>Apricot, Bell peppers, Cantaloupe, Carrots, Mango, Nectarine, Orange, Pumpkin, Butternut squash, Sweet potatoes</p>	<table border="1"> <tbody> <tr> <td>SU</td><td>M</td><td>TU</td><td>W</td><td>TH</td><td>F</td><td>SA</td> </tr> <tr> <td>SU</td><td>M</td><td>TU</td><td>W</td><td>TH</td><td>F</td><td>SA</td> </tr> </tbody> </table>	SU	M	TU	W	TH	F	SA	SU	M	TU	W	TH	F	SA
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 <p>YELLOW</p>	<p>Banana, Bell peppers, Corn, Lemon, Pear, Pineapple</p>	<table border="1"> <tbody> <tr> <td>SU</td><td>M</td><td>TU</td><td>W</td><td>TH</td><td>F</td><td>SA</td> </tr> <tr> <td>SU</td><td>M</td><td>TU</td><td>W</td><td>TH</td><td>F</td><td>SA</td> </tr> </tbody> </table>	SU	M	TU	W	TH	F	SA	SU	M	TU	W	TH	F	SA
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 <p>GREEN</p>	<p>Apples, Asparagus, Avocado, Bell peppers, Brussels sprouts, Broccoli, Cabbage, Celery, Cucumbers, Edamame, Green beans, Kale, Lime, Leeks, Lettuce, Melon, Olives, Peas, Pickles, Spinach, Swiss chard</p>	<table border="1"> <tbody> <tr> <td>SU</td><td>M</td><td>TU</td><td>W</td><td>TH</td><td>F</td><td>SA</td> </tr> <tr> <td>SU</td><td>M</td><td>TU</td><td>W</td><td>TH</td><td>F</td><td>SA</td> </tr> </tbody> </table>	SU	M	TU	W	TH	F	SA	SU	M	TU	W	TH	F	SA
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SU	M	TU	W	TH	F	SA										
 <p>BLUE/ PURPLE</p>	<p>Blueberries, Blackberries, Cabbage, Carrots, Eggplant, Figs, Grapes, Plums, Potatoes, Raisins, Black/purple rice</p>	<table border="1"> <tbody> <tr> <td>SU</td><td>M</td><td>TU</td><td>W</td><td>TH</td><td>F</td><td>SA</td> </tr> <tr> <td>SU</td><td>M</td><td>TU</td><td>W</td><td>TH</td><td>F</td><td>SA</td> </tr> </tbody> </table>	SU	M	TU	W	TH	F	SA	SU	M	TU	W	TH	F	SA
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 <p>WHITE/ TAN</p>	<p>Applesauce, Bean dip, Brown rice, Coconut, Garlic, Legumes (Chickpeas, Lentils, etc...), Nuts, Oats, Quinoa, Sauerkraut, Seeds</p>	<table border="1"> <tbody> <tr> <td>SU</td><td>M</td><td>TU</td><td>W</td><td>TH</td><td>F</td><td>SA</td> </tr> <tr> <td>SU</td><td>M</td><td>TU</td><td>W</td><td>TH</td><td>F</td><td>SA</td> </tr> </tbody> </table>	SU	M	TU	W	TH	F	SA	SU	M	TU	W	TH	F	SA
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