

## EAT A RAINBOW OF DIFFERENT FOODS CHALLENGE

Aim for 30+ different plant based foods & different food groups every week

Have you eaten a rainbow?WhiteYellowOrangeGreenRedPinkBluePurpleBrownBlack					
VEGETABLES	FRUITS	NUTS & SEEDS	GRAINS	LEGUMES	HERBS & SPICES
TOTAL:	TOTAL:	TOTAL:	TOTAL:	TOTAL:	TOTAL:

WEEKLY TOTAL: