## EAT A RANBBOW OF DIFFERENT FOODS CHALLENGE

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

Have you eaten a rainbow? $\square$ White $\square$ Yellow $\square$ Orange $\square$ Green $\square$ Red $\square$ Pink $\square$ Blue $\square$ Purple $\square$ Brown $\square$ Black

| VEGETABLES | FRUITS | NUTS \& SEEDS | GRAINS | LEGUMES | HERBS \& SPICES |
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