



# Phytonutrient Spectrum Checklist

## RED

### Foods

Apples	Pomegranate	Sweet red bell peppers
Applesauce	Radishes	Tomato
Cherries	Strawberries	
Kidney beans		

### Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## ORANGE

### Foods

Apricots	Cantaloupe	Nectarine
Bell peppers	Carrots	Orange
Butternut squash	Mango	Sweet potato

### Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## YELLOW

### Foods

Bell peppers	Popcorn	Succotash
Corn	Spaghetti squash	Yellow squash
Lemon	Starfruit	

### Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## GREEN

### Foods

Asparagus	Cabbage	Greens ( <i>beet, dandelion, collard, mustard, turnip</i> )
Avocado	Celery	Kale
Bean sprouts	Chard	Lettuce
Bell peppers	Cucumbers	Olives
Broccoli	Green beans	Snow peas
Brussels sprouts	Green peas	

### Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## BLUE/PURPLE

### Foods

Blackberries	Eggplant	Potatoes ( <i>purple</i> )
Blueberries	Grapes ( <i>purple</i> )	Raisins
Cabbage ( <i>purple</i> )	Kale ( <i>purple</i> )	Rice ( <i>black or purple</i> )
Carrots ( <i>purple</i> )	Plums	
Dates		

### Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## WHITE/TAN

### Foods

Bean dips	Nuts	Seeds
Garlic	Onions	Shallots
Hummus	Refried beans	Tahini
Legumes		

### Weekly Servings

SUN	MON	TUES	WED	THURS	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Aim to eat at least 1-2 servings of every color everyday.

