



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="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

YELLOW

Foods

Bell peppers	Popcorn	Succotash
Corn	Spaghetti squash	Yellow squash
Lemon	Starfruit	

Weekly Servings

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

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="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

