

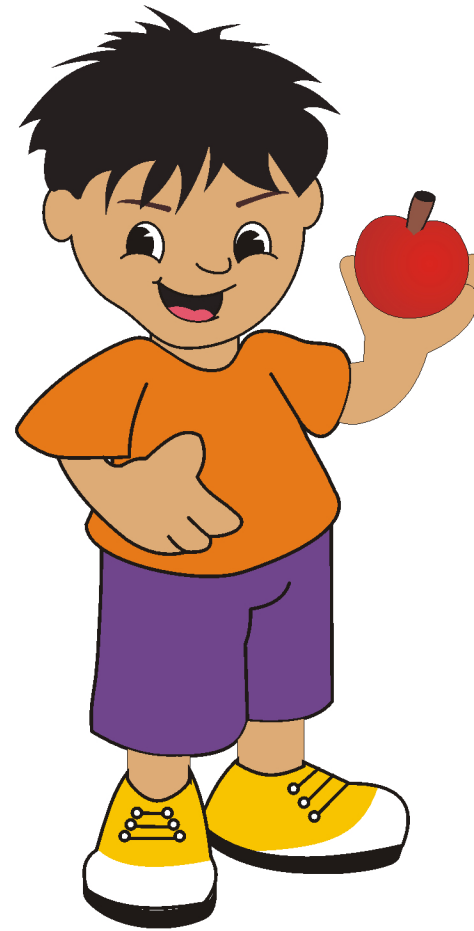
FRUITS AND VEGGIES EVERY DAY

VEGETABLES

- o Artichoke
- o Arugula
- o Asparagus
- o Avocado
- o Basil
- o Beets
- o Broccoli
- o Brussels Sprouts
- o Cabbage
- o Carrots
- o Cauliflower
- o Celery
- o Chives
- o Cilantro
- o Corn
- o Collard Greens
- o Cucumbers
- o Eggplant
- o Fennel
- o Garlic
- o Ginger
- o Green Onions
- o Kale
- o Lettuce/greens
- o Mushrooms
- o Onions
- o Peppers, Bell
- o Potatoes
- o Peas
- o Spinach
- o Sprouts
- o String Beans
- o Squash
- o Sweet Potatoes
- o Swiss Chard
- o Tomatoes
- o Zucchini

FRUIT

- o Apples
- o Apricots
- o Bananas
- o Blackberries
- o Blueberries
- o Cantaloupe
- o Cherries
- o Coconut
- o Cranberries
- o Dates
- o Figs
- o Grapefruit
- o Grapes
- o Kiwi
- o Lemons
- o Limes
- o Melon
- o Nectarines
- o Oranges
- o Papaya
- o Peaches
- o Pears
- o Pineapple
- o Plums/ Prunes
- o Pomegranate
- o Raisins
- o Raspberries
- o Strawberries
- o Watermelon



MONDAY

Breakfast:

Lunch:

Snack:

Dinner:

TUESDAY

Breakfast:

Lunch:

Snack:

Dinner:

WEDNESDAY

Breakfast:

Lunch:

Snack:

Dinner:

THURSDAY

Breakfast:

Lunch:

Snack:

Dinner:

FRIDAY

Breakfast:

Lunch:

Snack:

Dinner:

WEEK OF: _____

FRUITS AND VEGGIES EVERY MEAL

