

# Secret NO. 3

# COLORS BRING VARIETY

**MEAL PLANNING CHALLENGE:** Select 2-3 items from every color category as you plan your meals/recipes and snacks each week

## BLUE/ PURPLE

BLACKBERRY\*  
BLUEBERRY\*  
EGGPLANT  
GRAPES  
PLUM  
PRUNE  
PURPLE FIG  
RAISIN  
RED CABBAGE

\*Frozen in the off season is fine

## GREEN

ARTICHOKE  
ARUGULA  
ASPARAGUS  
AVOCADO  
BROCCOLI  
BRUSSELS SPROUTS  
CELERY  
CUCUMBER  
ENDIVE  
GRAPES  
GREEN BEAN  
KIWI  
LETTUCE  
LIME  
PEAR  
PEAS

## WHITE/ BROWN

BANANA  
DATES  
CAULIFLOWER  
GARLIC  
GINGER  
ONIONS  
PARSNIPS  
POTATOES  
SHALLOTS  
TURNIPS  
WHITE NECTARINE  
WHITE PEACHES

## YELLOW/ ORANGE

APRICOT  
CARROT  
CLEMENTINE  
GRAPEFRUIT  
LEMON  
MANGO  
NECTARINES  
ORANGE  
PAPAYA  
PEACH  
PERSIMMON  
PINEAPPLE  
PUMPKIN  
SQUASH  
TANGERINE

## RED

APPLE  
BEET  
CRANBERRY  
CHERRY  
POMEGRANATE  
RADISH  
RASPBERRY\*  
RHUBARB  
STRAWBERRY\*  
TOMATO

\*Frozen in the off season is fine