

Red

- Apples
- Cherries
- Red Peppers
- Red Onions
- Strawberries
- Tomatoes
- Watermelon

Orange & Yellow

- Bananas
- Carrots
- Cantaloupe
- Mangoes
- Oranges
- Pineapple
- Pumpkin
- Squash
- Sweet Potatoes

Green

- Asparagus
- Broccoli
- Collard Greens
- Cucumbers
- Grapes
- Green Beans
- Kale
- Peas
- Spinach

Blue & Purple

- Beans
- Beets
- Blackberries
- Blueberries
- Eggplants
- Figs

White

- Jicama
- Mushrooms
- Onions
- Pears

Eat The Rainbow
mealsonheelsbymindy.com

*Don't Worry
Eat Happy*