



Radishes, red lettuce,
Red peppers & tomatoes
Cranberries
Cherries, pomegranate
Red apples, red grapes
Strawberries, raspberries
Red wine
Red rice, kidney beans

Carrots
Orange peppers & tomatoes
Pumpkin, butternut squash
Sweet potatoes
Apricots, melon, mango,
Passionfruit, peaches
Oranges and tangerines
Red lentils, turmeric

Sweetcorn
Yellow carrots
Yellow courgettes & squash
Yellow tomatoes & peppers
Yellow apples
Bananas, pears
Lemons, grapefruit
Yellow split peas

Asparagus
Broccoli, cabbage, kale
Celery, green beans
Garden peas
Lettuce, chicory, rocket
Spinach and chard
Avocado, green olives
Green lentils, green tea

Aubergine, beetroot
Purple carrots & kohlrabi
Purple sweet potatoes
Red cabbage, red onion
Blueberries, blackcurrants
Blackberries, elderberries
Black olives, cocoa
Black rice, black beans

Artichokes
Cauliflower, fennel
Garlic, onions, shallots
Mushrooms
Parsnips, potatoes
Turnips
Nuts (with skins), seeds
Chickpeas & butter beans

MON

TUE

WED

THU

FRI

SAT

SUN

IMAGE: Lily Trott | Dreamstime.com