

Fruits & Veggies By Color

Instructions

Step 1) Pick 1-2 anchor items per color and category (fruit + vegetable). Instead of trying to buy everything from every color category, choose just one reliable item per color and category that you actually like and will eat. Make those your staple purchases. Change them up, if you want, as the seasons change too!

Step 2) If you can, combine items that have a short shelf life with longer lasting items, in case one goes bad (E.g. fresh orange & a bag of carrots, which last 3-4 weeks). This way you'll always have a backup of that color available.

Step 3) : Do a weekly "color check" before grocery shopping to add more of each color and category. Before each shopping trip, glance in the fridge and mentally (or literally) check off which colors are needed or desired to add for that week.

Start by hitting all the colors a couple times a week, making your way up to once each day, and perhaps all the way up to 2-3 meals a day as you get in a rhythm with it. Keep it easy enough to make sure it stays fun.

RED

Fruits

- ☐ Strawberries
- ☐ Raspberries
- ☐ Cherries (Bing, Rainier-red, sour/tart)
- ☐ Red apples (Red Delicious, Gala, Fuji, Honeycrisp, Braeburn)
- ☐ Watermelon
- ☐ Red grapes (Red Globe, Flame)
- ☐ Pomegranate
- ☐ Cranberries
- ☐ Red pears (Red Anjou, Red Bartlett)
- ☐ Blood oranges
- ☐ Red currants
- ☐ Rhubarb
- ☐ Red plums
- ☐ Red guava
- ☐ Red dragon fruit

- ☐ Lingonberries
- ☐ Red lychee

Vegetables

- ☐ Tomatoes (beefsteak, Roma, cherry, heirloom red)
- ☐ Red bell peppers
- ☐ Radishes (red globe, French breakfast)
- ☐ Red onions
- ☐ Red cabbage
- ☐ Beets
- ☐ Red chili peppers (cayenne, Fresno, red jalapeño)
- ☐ Red potatoes
- ☐ Red Swiss chard
- ☐ Radicchio
- ☐ Red romaine lettuce
- ☐ Red kidney beans
- ☐ Red okra

ORANGE

Fruits

- ☐ Oranges (navel, Valencia, blood, Cara Cara)
- ☐ Mandarins/tangerines (clementine, satsuma)
- ☐ Apricots
- ☐ Mangoes (Ataulfo, Tommy Atkins, Kent)
- ☐ Papayas
- ☐ Peaches (freestone, clingstone)
- ☐ Nectarines
- ☐ Cantaloupe
- ☐ Persimmons (Fuyu, Hachiya)
- ☐ Kumquats
- ☐ Physalis (cape gooseberry)
- ☐ Orange dragon fruit
- ☐ Loquats

Vegetables

- ☐ Carrots (Nantes, Imperator, rainbow-orange types)
- ☐ Pumpkin (sugar pie, Cinderella)
- ☐ Sweet potatoes (Garnet, Jewel)
- ☐ Orange bell peppers

- ☐ Butternut squash
- ☐ Orange cauliflower
- ☐ Acorn squash
- ☐ Orange tomatoes
- ☐ Rutabaga
- ☐ Delicata squash
- ☐ Orange habanero
- ☐ Turmeric root
- ☐ Kabocha squash

YELLOW

Fruits

- ☐ Bananas (Cavendish, plantain when unripe)
- ☐ Lemons (Eureka, Meyer)
- ☐ Pineapple
- ☐ Yellow apples (Golden Delicious, Opal)
- ☐ Yellow watermelon
- ☐ Star fruit
- ☐ Yellow figs
- ☐ Yellow plums
- ☐ Yellow/Ataulfo mango
- ☐ Golden kiwi
- ☐ Yellow passion fruit
- ☐ Yellow pears (Bartlett)
- ☐ Ugli fruit
- ☐ Rainier cherries
- ☐ Quince

Vegetables

- ☐ Corn
- ☐ Yellow bell peppers
- ☐ Yellow summer squash (crookneck, straightneck)
- ☐ Golden beets
- ☐ Yellow tomatoes
- ☐ Spaghetti squash
- ☐ Yellow onions (sweet, Vidalia)
- ☐ Yukon Gold potatoes
- ☐ Yellow wax beans
- ☐ Yellow carrots
- ☐ Yellow zucchini
- ☐ Golden turnips

- ☐ Banana peppers
- ☐ Yellow squash blossoms

GREEN

Fruits

- ☐ Green apples (Granny Smith)
- ☐ Kiwi
- ☐ Limes (Persian, Key lime)
- ☐ Green grapes (Thompson seedless)
- ☐ Honeydew melon
- ☐ Avocado (Hass unripe, Fuerte)
- ☐ Green pears (Anjou, Bosc)
- ☐ Gooseberries
- ☐ Greengage plums
- ☐ Unripe mango
- ☐ Green figs
- ☐ Guava
- ☐ Cherimoya

Vegetables

- ☐ Spinach
- ☐ Broccoli (Calabrese, broccolini)
- ☐ Kale (curly, Lacinato/dinosaur, Russian red-green)
- ☐ Lettuce (romaine, iceberg, butterhead, green leaf)
- ☐ Green beans (haricot vert, string beans)
- ☐ Zucchini
- ☐ Peas (English, snap, snow)
- ☐ Cucumbers (English, Persian, pickling)
- ☐ Asparagus
- ☐ Brussels sprouts
- ☐ Celery
- ☐ Green cabbage (savoy, napa)
- ☐ Artichokes
- ☐ Green bell peppers
- ☐ Arugula
- ☐ Swiss chard
- ☐ Bok choy
- ☐ Collard greens
- ☐ Watercress
- ☐ Scallions

- ☐ Edamame
- ☐ Okra
- ☐ Leeks
- ☐ Fennel bulb
- ☐ Endive
- ☐ Escarole
- ☐ Mustard greens
- ☐ Turnip greens
- ☐ Broccoli rabe
- ☐ Green olives
- ☐ Chayote
- ☐ Tomatillos
- ☐ Fiddlehead ferns
- ☐ Celeriac



BLUE/PURPLE

Fruits

- ☐ Blueberries (highbush, wild/lowbush)
- ☐ Blackberries
- ☐ Plums (Black Beauty, Damson)
- ☐ Purple/Concord grapes
- ☐ Black mission figs
- ☐ Black currants
- ☐ Purple passion fruit
- ☐ Elderberries
- ☐ Purple mangosteen
- ☐ Purple açai
- ☐ Huckleberries

Vegetables

- ☐ Eggplant (globe, Italian, Japanese, Thai)
- ☐ Purple cabbage
- ☐ Purple asparagus
- ☐ Purple/rainbow carrots
- ☐ Purple potatoes (Purple Majesty)
- ☐ Purple onions
- ☐ Purple sweet potatoes (Okinawan)
- ☐ Purple cauliflower
- ☐ Purple kale
- ☐ Purple bell peppers

- ☐ Belgian endive
- ☐ Purple broccoli (Purple Sprouting)
- ☐ Black olives (Kalamata)
- ☐ Purple artichokes
- ☐ Purple Peruvian potatoes

WHITE/BROWN/TAN

Fruits

- ☐ White peaches
- ☐ Lychee
- ☐ White nectarines
- ☐ White currants
- ☐ Coconut
- ☐ Durian
- ☐ White sapote
- ☐ Soursop
- ☐ White mulberries

Vegetables

- ☐ Cauliflower
- ☐ Garlic
- ☐ Onions (white, shallots)
- ☐ Mushrooms (button, cremini, portobello, oyster, shiitake, enoki, maitake, king trumpet)
- ☐ Parsnips
- ☐ Jicama
- ☐ White/russet potatoes
- ☐ Ginger
- ☐ Turnips
- ☐ White asparagus
- ☐ White eggplant
- ☐ Daikon radish
- ☐ White corn
- ☐ Water chestnuts
- ☐ White beans (navy, cannellini, great northern)
- ☐ Celeriac
- ☐ Kohlrabi
- ☐ Taro root
- ☐ Cassava/yuca
- ☐ Fennel bulb
- ☐ Chickpeas

- ☐ White radishes

HERBS

Leafy/Soft Herbs

- ☐ Basil (sweet, Thai, purple, holy/tulsi)
- ☐ Parsley (curly, flat-leaf/Italian)
- ☐ Cilantro (coriander leaves)
- ☐ Mint (spearmint, peppermint, chocolate mint)
- ☐ Dill
- ☐ Chives
- ☐ Tarragon
- ☐ Chervil
- ☐ Sorrel
- ☐ Epazote
- ☐ Shiso (perilla)
- ☐ Lemon balm
- ☐ Culantro

Woody/Hard Herbs

- ☐ Rosemary
- ☐ Thyme (common, lemon)
- ☐ Oregano
- ☐ Sage
- ☐ Marjoram
- ☐ Savory
- ☐ Bay leaves
- ☐ Lavender (culinary)

Roots & Aromatics

- ☐ Lemongrass
- ☐ Galangal
- ☐ Horseradish
- ☐ Wasabi root

Flowering/Seed Herbs

- ☐ Fennel fronds
- ☐ Dill flowers
- ☐ Borage

- ☐ Nasturtium (leaves & flowers)
- ☐ Chamomile flowers
- ☐ Calendula petals