

COLORFUL PLANT FOODS TRACKER



FOOD

RED

ORANGE

YELLOW

GREEN

BLUE/
PURPLE

WHITE/
BROWN

1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.



13.



14.



15.



16.



17.



COLORFUL PLANT FOODS TRACKER



FOOD

RED

ORANGE

YELLOW

GREEN

BLUE/
PURPLE

WHITE/
BROWN

18.

19.

20.

21.

22.

23.

24.

25.

26.

27.

28.

29.

30.

BONUS

1.

2.

3.

TOTALS EACH COLOR

Red

Strawberries
Cherries
Bell & Hot Pepper
Beets
Cranberries

Cherries
Radishes
Kidney Beans
Tomato
Pink Grapefruit

Raspberries
Red Onion
Red Grapes
Goji Berries
Plums

Watermelon
Rhubarb
Apples
Raddichio
Red potatoes

Orange

Bell Pepper
Cantaloupe
Carrots
Mango

Orange
Papaya
Sweet Potato
Pumpkin

Tangerine
Squash (acorn,
butternut, winter
Yam

Tangerine
Turmeric
Apricot
Nectarine

Yellow

Apple
Asian Pear
Banana
Golden Beets

Bell Pepper
Corn
Ginger
Yellow Carrot

Lemon
Millet
Pineapple
Yellow Onion

Summer Squash
Starfruit
Turmeric
Golden Flaxseed

Green

Asparagus
Snow Peas
Green Beans
Avocado
Apple
Bell Pepper
Olives

Bok Choy
Broccoli
Brussels Sprouts
Edamame
Cabbage
Zucchini
Celery

Herbs: basil,
oregano, thyme,
parsley, cilantro
Cucumber
Peas
Green tea
Lime

Greens: Kale,
Chard, Arugula,
Beet, Lettuces,
Spinach,
Mustard, Collard
Dandelion
Watercress

Blue/Purple

Cabbage
Carrots
Cauliflower
Eggplant
Figs

Berries:
blueberries,
blackberries,
huckleberries
boysenberries

Grapes
Kale
Olives
Plums
Potato

Prunes
Raisins
Rice (black or
purple)
Black beans

Brown/White/Tan

Coconut
Cocoa
Cauliflower
Coffee
Hummus
Jicama
Cumin

Dates
Garlic
Ginger
Whole Grains:
oats, quinoa,
brown and white
rice, barley, rye

Nuts: almonds,
cashews, pecans,
walnuts
Seeds: flax, chia,
hemp, sesame,
sunflower

Legumes:
garbanzos, pinto
beans, lentils
Shallots
Tea
Mushroom
Onion