

Food Checklist

NATURAL, WILD & free

RED Foods

Apples	Goji Berries	Tomatoes
Beets	Pomegranates	Strawberries
Cherries	Pepper	Watermelon

Weekly Servings

SUN	MON	TUE	WED	THUR	FRI	SAT
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

ORANGE Foods

Apricots	Mango	Pumpkin
Cantaloupe	Orange	Sweet Potato
Carrots	Peaches	Turmeric Root

Weekly Servings

SUN	MON	TUE	WED	THUR	FRI	SAT
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

YELLOW Foods

Banana	Grapefruit	Pineapple
Corn	Lemon	Rutabaga
Ginger Root	Pear	Summer Squash

Weekly Servings

SUN	MON	TUE	WED	THUR	FRI	SAT
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

GREEN Foods

Asparagus	Broccoli	Cucumber
Avocado	Brussel Sprouts	Kiwi
Bean Sprouts	Celery	Leafy Greens

Weekly Servings

SUN	MON	TUE	WED	THUR	FRI	SAT
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PURPLE Foods

Berries	Grapes	Potatoes
Eggplant	Olives	Prunes
Figs	Plums	Raisins

Weekly Servings

SUN	MON	TUE	WED	THUR	FRI	SAT
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

WHITE Foods

Cauliflower	Jicama	Nuts
Coconut	Legumes	Sauerkraut
Garlic	Mushrooms	Seeds

Weekly Servings

SUN	MON	TUE	WED	THUR	FRI	SAT
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

EAT YOUR VEGGIES

www.naturalwildandfree.com