

EAT THE RAINBOW

	CAULIFLOWER MUSHROOMS SHALLOTS ONIONS TURNIPS FENNEL PARSNIPS CHICKPEAS	SWEETCORN YELLOW PEPPERS SUMMER SQUASH YELLOW SPLIT PEAS YELLOW LENTILS	ORANGE PEPPERS BUTTERNUT SQUASH PUMPKIN CARROTS SWEET POTATOES	RED PEPPERS BEETROOT RED ONION RED CABBAGE RADISH TOMATO RADDICCHIO RED LETTUCE RED LENTILS	BLACK OLIVES AUBERGINE RED CABBAGE PURPLE BROCCOLI PURPLE CARROTS	ASPARAGUS AVOCADO GREEN PEPPERS BROCCOLI BOK CHOI BRUSSEL SPROUTS CABBAGE CELERY GREEN OLIVES	LETTUCE SWISS CHARD KALE OKRA CUCUMBER GREEN BEANS ROCKET SPINACH PEAS
MON							
TUE							
WED							
THU							
FRI							
SAT							
SUN							

Collect five different colours everyday - tick off your colours
 Get your rainbow chart at vegpower.org.uk

VEGPOWER