









## Colorful Diet Worksheet

### Eat the Rainbow with Lark!

Colorful Foods	How/When I'll Enjoy Them
 <b>Watermelon, tomato, strawberry, red pepper</b>	<i>Bell peppers and tomatoes in chicken fajitas</i>
 <b>Carrot, sweet potato, cantaloupe, orange, kabocha squash, acorn squash</b>	<i>Carrot sticks for all-day snacking Pureed squash and black bean soup for lunch</i>
 <b>Corn, mango, peach pineapple</b>	<i>Corn salsa on Taco Tuesday Pineapple in cottage cheese for breakfast</i>
 <b>Peas, lettuce, grapes, celery, green pepper, green beans, lettuce, kale, broccoli, kiwi, asparagus, spinach</b>	<i>Kale and mushroom in eggs for breakfast Beans and cheese-stuffed green pepper</i>
 <b>Eggplant, blueberry, purple cabbage</b>	<i>Oil and lemon cabbage on fish tacos</i>
 <b>Cauliflower, onion, garlic, mushroom, banana</b>	<i>Banana in oatmeal with milk</i>

