



LINDGREN
functional medicine

PHYTONUTRIENT CHALLENGE

Eat 1-2 servings of each color group each day.

	EXAMPLE FOODS	S	M	T	W	T	F	S
RED	tomato red onion red lentils beet strawberries raspberries cranberries goji berries papaya cherries rhubarb red pepper pomegranate watermelon							
YELLOW ORANGE	apricot pumpkin sweet potato carrot mango squash orange grapefruit lemon cantaloupe peach pineapple tangerine yellow pepper ginger turmeric							
GREEN	salad greens asparagus kale cucumber green pepper broccoli peas avocado chard sprouts green beans zucchini green tea kiwi fresh herbs							
BLUE PURPLE	red cabbage purple kale eggplant blueberries grapes blackberries acai berries plum dates red wine raisins cacao kidney & black beans currants							
WHITE	onion garlic leeks celery cauliflower mushrooms fennel banana apple pear coconut black & white tea cabbage parsnip rutabaga jicama							