**GREEN**

**Kale**

**Watercress**

**Collard greens**

**Spinach**

**Brussels sprouts**

**Broccoli**

**Asparagus**

**Beets**

**Tomatoes**

**Tomatillos**

**Pumpkin**

**Squash**

**Chayote squash**

**Winter squash**

**String beans**

**Peppers**

**Poblano peppers**

**Banana peppers**

**Carrots**

**Cauliflower**

**Artichokes**

**Eggplant**

**Okra**

**Cactus**

**Jicama**

**Snow peas**

**Cabbage**

**Cucumbers**

**Celery**

**Lettuce (no iceberg)**

**Mushrooms**

**Radishes**

**Onion**

**Sprouts**

**PURPLE**

**Raspberries**

**Blueberries**

**Blackberries**

**Strawberries**

**Pomegranate**

**Guava**

**Starfruit**

**Passion fruit**

**Watermelon**

**Cantaloupe**

**Orange**

**Bitter orange**

**Tangerine**

**Apple**

**Apricots**

**Grapefruit**

**Cherries**

**Grapes**

**Kiwifruit**

**Mango**

**Peach**

**Nectarine**

**Pear**

**Pineapple**

**Banana**

**Green banana**

**Dwarf red banana**

**Breadfruit**

**Papaya**

**Figs**

**Honeydew melon**

**Salsa**

**Tomato sauce**

**RED**

**Tempeh**

**Tofu**

**Vegan-Shakeology**

**Protein powder (whey, hemp,**

**rice, pea, etc)**

**Veggie burger**

**Refried beans nonfat**

**Quinoa**

**Beans (kidney, black,**

**garbanzo, white, lima, fava, etc.)**

**Lentils**

**Edamame**

**YELLOW**

**Sweet potato**

**Yams**

**Plantains**

**Cassava**

**Peas**

**Brown rice**

**Wild rice**

**Potato**

**Corn on cob**

**Amaranth**

**Millet**

**Buckwheat**

**Barley**

**Bulgur**

**Steel Cut Oatmeal**

**Rolled Oats**

**Whole Grain Pasta**

**Whole Wheat Couscous**

**Whole Grain Crackers**

**Whole Grain Cereak**

**Whole Grain Bread**

**Whole Wheat Pita bread**

**Whole Grain Waffles**

**Whole Grain Pancakes**

**Whole Grain English Muffin**

**Whole Grain Bagel**

**Whole Wheat Tortilla**

**Corn Tortilla**

**BLUE**

**Avocado**

**Almonds**

**Cashews**

**Peanuts**

**Pistachios**

**Pecan**

**Walnuts**

**Hummus**

**Canned Coconut milk**

**ORANGE**

**Pumpkin seeds**

**Sunflower seeds**

**Sesame seeds**

**Flaxseed**

**Olives**

**Peanuts**

**Coconut**

**TSP**

**Extra-virgin coconut oil**

**Flaxseed oil**

**Walnut oil**

**Pumpkin seed oil**

**Nut butters**

**Seed butters**

FREE FOODS

**Lemon and lime juice**

**Vinegars**

**Mustard**

**Parsley**

**Cilantro**

**Spices**

**Garlic**

**Ginger**

**Green onion**

**Chile varieties**

**Hot sauce**

**Pure Flavor extracts**

**Achiote paste**