

**RAINBOW  
CHART FOR YOU  
TO COMPLETE**

ARTICHOKE ASPARAGUS AVOCADO BAMBOO SHOOTS GREEN PEPPERS BOK CHOY BROCCOLI BRUSSELS SPROUTS CABBAGE CELERY	CUCUMBER EDAMAME BEANS GREEN BEANS GARDEN PEAS ROCKET SPINACH LETTUCE SWISS CHARD KALE OKRA	RED PEPPERS BEETROOT RED ONIONS RED CABBAGE RADISH RHUBARB TOMATO RADICCHIO
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CARROTS ORANGE PEPPERS PUMPKIN BUTTERNUT SQUASH SWEET POTATO TURMERIC ROOT	SWEETCORN YELLOW PEPPERS GINGER ROOT SUMMER SQUASH LEMONS	OLIVES PURPLE CARROTS PURPLE SWEET POTATOES KALE PURPLE POTATOES BLUEBERRIES RED CABBAGE BLACK RICE AUBERGINE	CHICKPEAS CAULIFLOWER MUSHROOMS SHALLOTS SEEDS ONIONS GARLIC TURNIPS FENNEL NUTS LENTILS PARSNIPS
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MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				