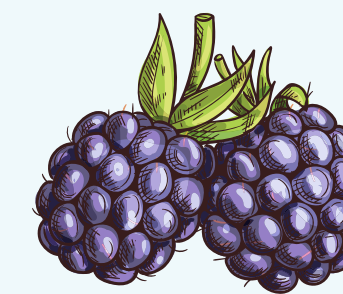


# RAINBOW 30 - WEEKLY TRACKER



**Aim to eat a minimum of 30 whole foods in a variety of color categories each week. Don't count the same foods twice. 20% can come from teas, spices & powders, 80% comes from whole fruits, veg and grains. NOTHING PROCESSED! The only semi processed products that can be included in your count is clean nut/ seed butters and clean nut/seed milk**

**RED**

**GREEN**

**YELLOW**

**ORANGE**

**BLUE/PURPLE  
BLACK**

**TOTAL:**

**TOTAL:**

**TOTAL:**

**TOTAL:**

**TOTAL:**

**TOTAL WHOLE FOODS THIS WEEK:**

