

RAINBOW SHOPPING LIST

- SPINACH
- AVOCADO
- ASPARAGUS
- BROCCOLI

- KALE
- GREEN CABBAGE
- KIWI
- COLLARD GREENS

- BLUEBERRIES
- BLACKBERRIES
- GRAPES
- RAISINS

- EGGPLANTS
- PLUMS
- PURPLE CABBAGE
- FIGS

- CARROTS
- SWEET POTATOES
- YELLOW PEPPERS
- ORANGES

- SQUASH
- PINEAPPLE
- PUMPKIN
- PEACHES

- STRAWBERRIES
- TOMATOES
- APPLES
- WATERMELON
- RED PEPPERS

- ONIONS
- CAULIFLOWER
- GARLIC
- LEEKS
- MUSHROOMS

- WHOLE GRAINS
- FISH

- OLIVE OIL
- NUTS & SEEDS