



LOW-CARB "EAT THE RAINBOW" FOOD TRACKER

Each week strive to eat a wide variety of colorful, low-carb plant foods for optimal health. If you follow a keto diet, watch portion sizes for higher carb foods marked with **. Put a mark in the box next to a food each time you eat it. Try to enjoy 30 or more different plant foods every week!

WEEK OF:	
TOTAL SERVINGS:	

GREEN FOODS

RED FOODS

YELLOW/ORANGE

PURPLE/BLUE

WHITE/BROWN

Asparagus	Beets**	Bananas**	Black olives	Button mushrooms
Avocado	Blood orange**	Butternut squash**	Blackberries**	Cauliflower
Basil	Cayenne pepper	Cantaloupe**	Blue corn**	Chia seeds
Broccoli	Cherries**	Carrots**	Blue spice basil	Cinnamon
Brussels sprouts	Chili powder	Corn**	Blueberries**	Coconut
Cabbage	Paprika	Cumin	Eggplant	Dates**
Celery	Pomegranate**	Curry powder	Figs**	Fennel
Cilantro	Radicchio	Ginger	Lavender	Flaxseed
Cucumber	Radishes	Golden beets**	Plums**	Garlic
Green beans	Raspberries**	Lemons	Prunes**	Leeks
Green onions	Red apples**	Mustard	Purple beets**	Macadamia nuts
Green peppers	Red bell pepper	Oranges**	Purple cabbage	Mushrooms
Green tea	Red cabbage	Peaches**	Purple carrots**	Nutmeg
Kale	Red chili peppers	Pineapple**	Purple cauliflower	Nuts (other varieties)
Leaf lettuce	Red grapes**	Pumpkin**	Purple endive	Onions
Lime	Red leaf lettuce	Summer squash	Purple grapes**	Parsnips**
Microgreens	Red onion	Sweet potatoes**	Purple kale	Pecans
Oregano	Red pepper flakes	Turmeric	Purple potatoes**	Potatoes**
Parsley	Red potatoes**	Yellow onions	Purple sweet potatoes**	Pumpkin seeds
Peas**	Strawberries**	Yellow peppers		Sunflower seeds
Spinach	Tomatoes	Yellow potatoes**		Turnips
Zucchini	Watermelon**	Yellow tomatoes		Walnuts
TOTAL:	TOTAL:	TOTAL:	TOTAL:	TOTAL: