

Fruit & Veggie Tracker

| Vegetable Subgroup | s | m | t | w | t | f | s |
|---|---|---|---|---|---|---|---|
| GREEN ~1.5 cups per week | | | | | | | |
| RED & ORANGE ~5.5 cups per week | | | | | | | |
| PEAS/BEANS/LENTILS ~1.5 cups per week | | | | | | | |
| STARCHY ~5 cups per week | | | | | | | |
| OTHER VEG ~4 cups per week | | | | | | | |

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| FRUIT ~2 cups per day | | | | | | | |
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