

The background of the cover is a watercolor wash in the colors of a rainbow: purple, blue, green, yellow, and red. Scattered around the edges are various illustrations of fruits and vegetables. In the top left, there are raspberries and blueberries. In the top center, there are more blueberries and some green leafy vegetables. In the top right, there are orange slices, whole carrots, and strawberry slices. In the bottom left, there are bunches of purple grapes and blueberries. In the bottom center, there are more blueberries and broccoli florets. In the bottom right, there are lemon slices and whole tomatoes.

Rainbow Meal Tracker

BrendaTurner.com

Rainbow Meal Tracker

Aim to eat a variety of colors each day. Use this sheet to mark the colors of your meals, and your nutritional wins!

<i>M</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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