

10 in 2 Color Box



Can you eat 10 fruits and veggies in 2 days? Fill in the boxes and try to include as many different colors of fruits and vegetables as possible in your meals or snacks.

Day 1: Plan 2 fruits and 3 vegetables

BREAKFAST	SNACK 1
LUNCH	SNACK 2
DINNER	

Colors you plan to eat on Day 1:

Day 2: Plan 3 fruits and 2 vegetables

BREAKFAST	SNACK 1
LUNCH	SNACK 2
DINNER	

Colors you plan to eat on Day 2:
