

May 2020 – Strive for 5

Goal: Eat 5 serving of produce 12 times (12 separate days) in the Month of May

Submit by 6/14/20

Date

Produce

Ex)	5/1	blueberries (breakfast), celery (morning snack), salad (lunch), apple (afternoon snack), potato/greens (dinner)
	5/3	strawberries, carrots, lettuce/tomato (on sandwich), orange, sweet corn/greens
	5/5	blackberries, green pepper, avocado, grapefruit, sweet potato/greens

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

11) _____

12) _____