

Strive for 5

Objective: eat 5 servings of produce on 5 separate days

Submit by: 3/15/24

Date Produce

Ex: 2/1 blueberries (breakfast), celery (snack), salad (lunch), apple (snack), potato/greens (dinner)
2/3 strawberries (breakfast), carrots (snack), lettuce/tomato (on sandwich), orange, sweet corn/greens
2/5 blackberries, green pepper, avocado, grapefruit, sweet potato/greens

1) _____

2) _____

3) _____

4) _____

5) _____
