

Strive for 5

Objective: eat 5 servings of produce on 5 separate days

Submit by: 3/15/24

	<u>Date</u>	<u>Produce</u>
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)		