THE INSTITUTE FOR FUNCTIONAL MEDICINE®

Phytonutrient Spectrum Checklist

Red

Foods

Apples
Applesauce
Cherries
Kidney beans
Pomegranate
Radishes
Strawberries
Sweet red bell peppers
Tomato

Servings

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1	☐	☐	☐	☐	☐	☐	☐
WEEK 2	☐	☐	☐	☐	☐	☐	☐

Orange

Foods

Apricots
Bell peppers
Butternut squash
Cantaloupe
Carrots
Mango
Nectarine
Orange
Sweet potato

Servings

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1	☐	☐	☐	☐	☐	☐	☐
WEEK 2	☐	☐	☐	☐	☐	☐	☐

Yellow

Foods

Bell peppers
Corn
Lemon
Popcorn
Spaghetti squash
Starfruit
Succotash
Yellow squash

Servings

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1	☐	☐	☐	☐	☐	☐	☐
WEEK 2	☐	☐	☐	☐	☐	☐	☐

Green

Foods

Asparagus
Avocado
Bean sprouts
Bell peppers
Broccoli
Brussels sprouts
Cabbage
Celery
Chard
Cucumbers
Green beans
Green peas
Greens *(beet, dandelion, collard, mustard, turnip)*
Kale
Lettuce
Olives
Snow peas

Servings

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1	☐	☐	☐	☐	☐	☐	☐
WEEK 2	☐	☐	☐	☐	☐	☐	☐

Blue/Purple

Foods

Blackberries
Blueberries
Cabbage *(purple)*
Carrots *(purple)*
Dates
Eggplant
Grapes *(purple)*
Kale *(purple)*
Plums
Potatoes *(purple)*
Raisins
Rice *(black or purple)*

Servings

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1	☐	☐	☐	☐	☐	☐	☐
WEEK 2	☐	☐	☐	☐	☐	☐	☐

White/Tan

Foods

Bean dips
Garlic
Hummus
Legumes
Nuts
Onions
Refried beans
Seeds
Shallots
Tahini

Servings

	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1	☐	☐	☐	☐	☐	☐	☐
WEEK 2	☐	☐	☐	☐	☐	☐	☐

Aim to eat at least 1-2 servings of each color every day.

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