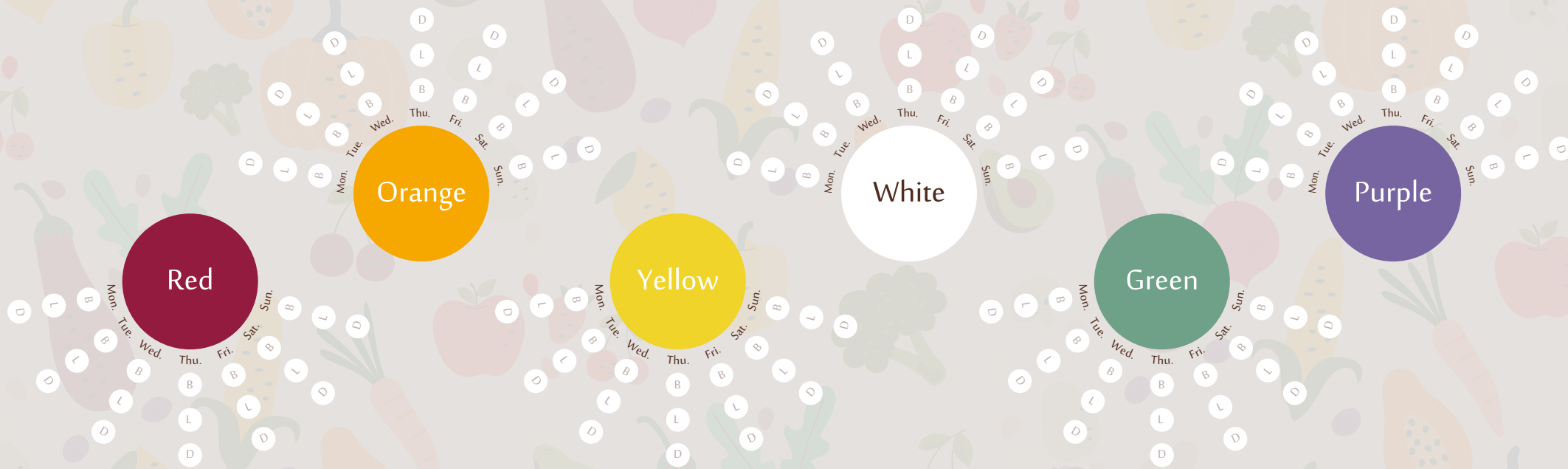


# KEEP YOUR HELPFUL GUT BUGS STRONG, BY GIVING THEM THE BEST FUEL!



\*Tick a circle for each serving of fruit or vegetables at any mealtime.

## IDEAS FOR FUEL

### ● Red Fruit and Vegetables

Beetroot  
Berries  
Radish  
Tomato

### ● Orange Fruit and Vegetables

Carrots  
Pumpkin  
Squash  
Turmeric

### ● Yellow Fruit and Vegetables

Corn  
Ginger  
Lemon  
Yellow Peppers

### ● White Fruit and Vegetables

Cauliflower  
Potato  
Mushrooms  
Fennel

### ● Green Fruit and Vegetables

Avocado  
Broccoli  
Okra  
Bok Choy

### ● Purple Fruit and Vegetables

Eggplant  
Blackberries  
Purple Sweet Potato  
Red Cabbage

Week:

Name:

Points:

/126

Reward:

www.akesiwellness.com