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	☐	☐	☐	☐	☐	☐	☐

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

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Version 6 (images courtesy of 123rf)

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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