jicama
onion
garlic
yogurt
milk
cheese
cauliflower
mushrooms
coconut

WHITE
beet
blueberries
grapes
figs
prunes
blue potato
onion
plum
cabbage
eggplant

PURPLE / BLUE
avocado
artichoke
kiwi
peas
spinach
zucchini
asparagus

GREEN
yellow pepper
cheese
corn
banana
squash
lemon
pineapple

YELLOW
sweet potato
apricot
pumpkin
orange
carrots
peach
cheese
mango
cantaloupe

ORANGE
raspberry  cranberries  
strawberries  green pepper  apple  
tomato  pomegranate  
cherries