

## Fruits, Veggies, and Grains to Add to Your Diet Each Week

<b><u>Week 1</u></b> Mango Bananas Citrus Potatoes Squashes Mushrooms Lettuce Carrots Rice Oatmeal	<b><u>Week 2</u></b> Kiwi Peaches Pineapples Bell Peppers Arugula Kale Collard Greens Peas Avocado Beans
<b><u>Week 3</u></b> Melons Pears Tomatoes Cucumber Onion Garlic Asparagus Bok Choy Broccoli Quinoa Lentils	<b><u>Week 4</u></b> Apples Berries Spinach Brussel Sprouts Cauliflower Scallions Radish Artichokes

These plants are loosely grouped together based on the amount of fiber they contain. You want to add fiber in to your diet slowly so your body has a chance to adjust. The above can act as a guide if you do not already have these plants in your diet.