

# VegOut! CHECKLIST

**NAME:**

**CENTER LOCATION:**

Check off each vegetable you eat. Goal is to eat 30 different vegetables by April 1<sup>st</sup>. No limit to how many you can eat per day. Need inspiration? Visit our website at [www.firsthealth.org/fitness](http://www.firsthealth.org/fitness). Turn in your sheet to the front desk or email to [acarpenter@firsthealth.org](mailto:acarpenter@firsthealth.org) by April 5 to be eligible for prizes!

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Acorn Squash        | <input type="checkbox"/> Cucumber           | <input type="checkbox"/> Porcini Mushroom  |
| <input type="checkbox"/> Artichoke           | <input type="checkbox"/> Edamame            | <input type="checkbox"/> Portobello        |
| <input type="checkbox"/> Arugula             | <input type="checkbox"/> Eggplant           | <input type="checkbox"/> Potato, Purple    |
| <input type="checkbox"/> Asparagus, Green    | <input type="checkbox"/> Endive             | <input type="checkbox"/> Potato, Red       |
| <input type="checkbox"/> Asparagus, Purple   | <input type="checkbox"/> Escarole           | <input type="checkbox"/> Potato, White     |
| <input type="checkbox"/> Asparagus, White    | <input type="checkbox"/> Fennel             | <input type="checkbox"/> Pumpkin           |
| <input type="checkbox"/> Bean Sprouts        | <input type="checkbox"/> Grape Tomatoes     | <input type="checkbox"/> Radicchio         |
| <input type="checkbox"/> Beets               | <input type="checkbox"/> Green Beans        | <input type="checkbox"/> Radish            |
| <input type="checkbox"/> Beet Greens         | <input type="checkbox"/> Green Leaf Lettuce | <input type="checkbox"/> Romaine Lettuce   |
| <input type="checkbox"/> Bell Pepper, Green  | <input type="checkbox"/> Jalapeno           | <input type="checkbox"/> Rutabaga          |
| <input type="checkbox"/> Bell Pepper, Orange | <input type="checkbox"/> Jicama             | <input type="checkbox"/> Scallion          |
| <input type="checkbox"/> Bell Pepper, Purple | <input type="checkbox"/> Kale               | <input type="checkbox"/> Shallot           |
| <input type="checkbox"/> Bell Pepper, Red    | <input type="checkbox"/> Kidney Beans       | <input type="checkbox"/> Shiitake Mushroom |
| <input type="checkbox"/> Bell Pepper, Yellow | <input type="checkbox"/> Kohlrabi           | <input type="checkbox"/> Snow Peas         |
| <input type="checkbox"/> Black Beans         | <input type="checkbox"/> Leek               | <input type="checkbox"/> Spaghetti Squash  |
| <input type="checkbox"/> Black-Eyed Peas     | <input type="checkbox"/> Lentils, Brown     | <input type="checkbox"/> Spinach           |
| <input type="checkbox"/> Bok Choy            | <input type="checkbox"/> Lentils, Green     | <input type="checkbox"/> Sugar Snap Peas   |
| <input type="checkbox"/> Broccoli            | <input type="checkbox"/> Lentils, Red       | <input type="checkbox"/> Summer Squash     |
| <input type="checkbox"/> Broccoli Rabe       | <input type="checkbox"/> Lentils, Yellow    | <input type="checkbox"/> Sweet Potato      |
| <input type="checkbox"/> Brussels Sprouts    | <input type="checkbox"/> Lima Beans         | <input type="checkbox"/> Swiss Chard       |
| <input type="checkbox"/> Butternut Squash    | <input type="checkbox"/> Mung Beans         | <input type="checkbox"/> Tomatillo         |
| <input type="checkbox"/> Cabbage, Green      | <input type="checkbox"/> Mushroom           | <input type="checkbox"/> Tomato            |
| <input type="checkbox"/> Cabbage, Napa       | <input type="checkbox"/> Mustard Greens     | <input type="checkbox"/> Turnip            |
| <input type="checkbox"/> Cabbage, Red        | <input type="checkbox"/> Navy Beans         | <input type="checkbox"/> Turnip Greens     |
| <input type="checkbox"/> Carrot              | <input type="checkbox"/> Okra               | <input type="checkbox"/> Watercress        |
| <input type="checkbox"/> Cauliflower         | <input type="checkbox"/> Onion, White       | <input type="checkbox"/> Yam               |
| <input type="checkbox"/> Celery              | <input type="checkbox"/> Onion, Red         | <input type="checkbox"/> Yucca             |
| <input type="checkbox"/> Chickpeas           | <input type="checkbox"/> Onion, Yellow      | <input type="checkbox"/> Zucchini          |
| <input type="checkbox"/> Cherry Tomatoes     | <input type="checkbox"/> Parsnip            | <input type="checkbox"/> _____             |
| <input type="checkbox"/> Collard Greens      | <input type="checkbox"/> Peas               | <input type="checkbox"/> _____             |
| <input type="checkbox"/> Corn                | <input type="checkbox"/> Pinto Beans        | <input type="checkbox"/> _____             |