

HMI 6 FISTS OF PRODUCE CHALLENGE

IDEAS, AND RECIPES!

To help with your planning and grocery lists!

MONDAY: GREENS

- Avocado
- Kiwi
- Grapes
- Apple
- Pear
- Lime
- Cantaloupe
- Romanesco
- Leafy Greens
- Broccoli
- Cabbage
- Cucumber
- Brussels Sprouts
- Celery
- Artichoke
- Green Beans
- Green Peppers
- Edamame
- Okra
- Peas
- Zucchini
- Fresh herbs
- Tomatillos
- Pumpkin seeds

Recipes from Chef Nikki:

[Coconut Green Curry Soup with Chicken](#)

[Curried Broccoli Salad](#)

[Spicy Shaved Brussels and Yams](#)

[Chicken with Green Mole](#)

[Simple Green Smoothie](#)

[Orange Cucumber Salsa](#)

TUESDAY: RED/PINK

- Strawberry
- Raspberry
- Apple
- Pomegranate
- Cranberry
- Cherry
- Watermelon
- Ruby Red Grapefruit
- Red grapes
- Red Pear
- Plum
- Prickly Pear
- Kidney Beans
- Red lentils
- Rhubarb
- Red onion
- Red Bell Peppers
- Tomato
- Beet
- Red Cabbage
- Radish

Recipes from Chef Nikki:

[Beet and Butternut Quinoa Salad](#)

[Tomato Herb Frittata](#)

[Orange Beet Hummus](#)

[Strawberry Chia Pudding](#)

[Stuffed Peppers with Carrot Top Pesto](#)

[Tomato and Roasted Fennel Soup](#)

WEDNESDAY: YELLOW

- Banana
- Mango
- Lemon
- Pineapple
- Passionfruit
- Golden Kiwi
- Yellow apple
- Grapefruit
- Yellow Pear
- Apricot
- Durian
- Yellow Fig
- Golden Raspberry
- Quince
- Starfruit
- Yellow peppers
- Golden Beets
- Yellow Potatoes
- Spaghetti Squash
- Acorn Squash

Recipes from Chef Nikki:

[Turmeric Mango Slaw](#)

[Sunshine Salad](#)

[Chocolate Banana Buckwheat Bites](#)

[Ginger Squash Stir Fry over Cabbage](#)

[Mango Chili Lime Salad](#)

[Zesty Pineapple Coleslaw](#)

THURSDAY: ORANGE

- Orange
- Peach
- Papaya
- Mango
- Nectarine
- Apricot
- Persimmon
- Mandarin/tangerines
- Gooseberries
- Melon
- Chanterelle Mushrooms
- Orange Beet
- Orange Cauliflower
- Orange Tomatoes
- Butternut Squash
- Acorn Squash
- Pumpkin
- Sweet potatoes/yams
- Orange Bell Pepper
- Red lentils

Recipes from Chef Nikki:

[Orange Beet Hummus](#)

[Sunshine Salad](#)

[Pomegranate Orange Breakfast Sausage](#)

[Spiced Butternut Squash Soup](#)

[Pumpkin Fig Oats](#)

[Parmesan Sweet Potato Stacks](#)

FRIDAY: BLUE/PURPLE/DARK

- Blackberry
- Blueberry
- Elderberry
- Purple concord grapes
- Black currant
- Plum
- Acai
- Purple potatoes
- Blue tomatoes
- Black beans
- Eggplant
- Purple cabbage
- Purple cauliflower
- Beets
- Purple carrot
- Purple okra
- Purple asparagus
- Purple kale
- Purple kohlrabi

Recipes from Chef Nikki:

[Three Potato and Bacon Salad](#)

[Mango Blueberry Salsa](#)

[Tangy Harvest Slaw](#)

[Orange Fennel Slaw](#)

[Dark Chocolate and Fig Acai Bowl](#)

[Raw Pear and Blackberry Tart](#)

OTHER WELLNESS RESOURCES

Head over to our HMI site for all things wellness

<https://movement-rx.com/hmi/>

Check out our Health and Wellness Blog for content relating to mindfulness, movement, nutrition, and more!

<https://movement-rx.com/blog/>