



TOPS ~ Rainbow of Super Foods Contest



This contest goes along with the Area Captain program "TOPS Super Foods". It lasts 4 weeks ~ begin it whenever you wish.

Rules:

Week #1. Stay for entire meeting, keep a calorie sheet/food diary, etc., exercise 3-7 days & eat foods from the RED group 3-7 days of the week.

Week #2. Same as week #1, ADD foods from the YELLOW/ORANGE group & exercise 3-7 days of the week. So you'll have foods from red & yellow/orange groups.

Week #3. Same as week #1 & #2, ADD foods from the GREEN group, exercise 3-7 days of the week. So you'll have foods from red, blue, yellow/orange & green groups.

Week #4. Same as above, ADD foods from the BLUE/PURPLE group & exercise 3-7 days of the week.

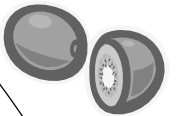
Week #5 & 6 - Add the next food group daily & continue same as above.

Now you'll have foods from all 4 color groups, plus the whole grains & flax seed & nuts.



Each week color in a rainbow section IF you completed the weekly rules.

Prize/prizes are voted on by the members of the chapter.



RED - Pomegranates, tomatoes, peppers, tomatoes, cherries, raspberries, cranberries, etc.

YELLOW, ORANGE - Sweet potatoes, cantaloupe, mangos, carrots, oranges, pumpkin, etc.

GREEN - Broccoli, spinach, peppers, lettuce, kiwi, Brussels sprouts, avocados, etc.

BLUE/PURPLE - Berries, eggplant, raisins, prunes, red cabbage, plums, etc.

WHOLE GRAINS, BEANS - 100% whole wheat pastas, breads, oats, oatmeal, black beans, kidney, pinto, etc.

FLAX SEED, NUTS - Red, golden, brown, almonds, walnuts,

