		Week:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
GO foods (starch)	maize, potato, sweet potato, amadumbe	Type																
		Type																
		Type																
		Type																
GROW foods (protein)	peanuts, dry beans, green beans, peas	Type																
		Type																
		Type																
		Type																
GLOW foods (vegetables and fruit)	**Vit C, Vit A** carrots, orange sweet potato, orange pumpkin, tomato,green pepper fruit: oranges, naartjies, peaches, tree tomatoes, plums…	Type	carrot			carrot			carrot			carrot			carrot			carrot
		Type																
		Type																
		Type																
	Vitamins + minerals cabbage, onions, green beans, lettuce, beetroot	Type																
		Type																
		Type																
		Type																