



denise canellos, ms, cns

Vitamin C Checklist

Monday	Tuesday	Wednesday	Thursday	Friday
Asparagus	Asparagus	Asparagus	Asparagus	Asparagus
Bell Pepper	Bell Pepper	Bell Pepper	Bell Pepper	Bell Pepper
Berries	Berries	Berries	Berries	Berries
Broccoli	Broccoli	Broccoli	Broccoli	Broccoli
Brussels Sprouts	Brussels Sprouts	Brussels Sprouts	Brussels Sprouts	Brussels Sprouts
Cabbage	Cabbage	Cabbage	Cabbage	Cabbage
Cantaloupe	Cantaloupe	Cantaloupe	Cantaloupe	Cantaloupe
Cauliflower	Cauliflower	Cauliflower	Cauliflower	Cauliflower
Citrus Fruit/Juice	Citrus Fruit/Juice	Citrus Fruit/Juice	Citrus Fruit/Juice	Citrus Fruit/Juice
Kale	Kale	Kale	Kale	Kale
Papaya	Papaya	Papaya	Papaya	Papaya