

Find Your Favorite Fruits!

- What's your favorite fruity flavor: sweet or tangy?
- Do you enjoy fruits with a peel, like bananas, or ones you can eat whole, like berries?
- Which fruit color excites you the most?
- What's your go-to summer fruit for a refreshing snack?
- Which fruit reminds you of a happy memory or a special occasion?
- Are you drawn to small fruits, like cherries, or larger ones, like melons?
- Which fruit scent feels like heaven to you?
- What's your favorite fruit to eat raw, without any preparation?
- Do you prefer fruits that are soft and creamy, like papaya, or firm and crisp, like apples?
- What's the most unique fruit you've ever tried, and did you love it?
- Which fruit do you love adding to smoothies or desserts?
- If you could eat one fruit every day for the rest of your life, which one would it be?

My most loved fruits are

For more inspiration, you can download the recipe book [from here!](#)

Find Your Favorite Vegetables!

- What's your favorite veggie flavor: slightly sweet or bitter?
- Which vegetable colors are you best attracted to?
- Which veggie do you love eating raw, without dressing or dips?
- Are you a fan of leafy greens, like spinach, or do you prefer crunchy ones, like carrots?
- What's your favorite veggie for snacking on the go?
- Do you enjoy the aroma of fresh herbs like basil or cilantro?
- Which veggie feels like a treat to you when you eat it raw?
- Which veggie would you happily include in every salad you eat?
- Are there any veggies you've grown to love over time?
- What's your favorite veggie for juicing or blending into smoothies?
- Which veggie do you find most visually appealing on a plate?
- If you could only eat one veggie for a week, which one would you pick?

My most loved vegetables are

I'd love to hear which one is your favorite! Tag me on [Instagram](#) and share your picks!