

Reach For The Rainbow

MON TUE WED THUR FRI

Cranberries
Cherries
Strawberry

Blood Orange
Watermelon
Grapefruit
(pink)

Red Beans
Kidney Beans
Red Cabbage
Beetroot

Goji Berries
Rhubarb
Raspberry

Tomato
Red Pepper
Red Apple

Oranges
Apricots
Nectarine

Carrots
Mango
Papaya

Bell Pepper
(orange)
Potato (sweet)

Turmeric
Tangerines
Yams

Squash
(acorn/winter)
Pumpkin

Apple
(yellow)
Banana

Sweetcorn
Bell Pepper
(yellow)

Ginger Root
Pineapple
Millet

Lemon
Potato
(yellow)

Starfruit
Onion (yellow)
Asian Pear

Bok Choy
Broccoli
Brussel
Sprouts

Apple
(green)
Avocado
Edemame

Celery
Asparagus
Bamboo
Shoots
Limes

Cabbage
Kale
Spinach
Kiwi

Cucumbers
Peas
Green Beans
Pears

Blue Berries
Black Berries
Plums

Raisins
Prunes
Cabbage
(purple)

Egg Plant
Carrots
(purple)

Kale
(purple)
Potato
(purple)

Grapes
(purple)
Figs
Aubergine

Choose from any day, you are not limited to just those listed in the Monday category

EAT THE RAINBOW CHALLENGE

Choose (1) fruit and (1) Vegetable from each color and add every day for 5 days. The goal is diversity. Be open and try something new.

Shopping For The Rainbow

Red cabbage
Red potato
Red bell pepper
Tomato
Beetroot
Red onion
Red chicory
Red chard
Red jalapeno pepper
Apples
Blood oranges
Cherries
Cranberries
Lingonberries
Nectarines
Pink grapefruit
Pomegranate
Raspberries
Red currants
Red pears
Red plums
Strawberries
Watermelon

Carrot
Orange bell pepper
Pumpkin
Turmeric
Sweet potatoes
Yams
Apricots
Blood orange
Cantaloupe
Kumquat
Mandarin
Mango
Nectarine
Oranges
Papaya
Passionfruit
Peach
Persimmon

Corn
Ginger
Potatoes (Yukon)
Bell pepper (yellow)
Onions (yellow)
Squash
(acorn, butternut,
summer, winter)
Apples
(Golden Delicious)
Asian Pears
Bananas
Lemons
Pineapple
Starfruit

Artichokes
Avocado
Bean sprouts
Bell peppers
Broccoli
Cabbage
Celery
Edamame
Green beans
Green peas
Beet greens
Kale
Green chard
Mustard greens
Spinach
Mustard greens
Okra
Green tea
Green apples
Kiwi
Limes
Olives
Pears

Aubergine
Beetroot
Purple bell peppers
Purple kale
Purple carrots
Purple cauliflower
Purple potatoes
Turnips
Blackberries
Blueberries
Figs
Plums/prunes
Purple grapes
Raisins

Note: we have excluded whites and brown foods, not for any reason other than space, so be sure to add those on as well, but these are a good starting place.