EAT THE RAINBOW: By eating more coloful veggies you're ingesting a wider variety of phytonutrients - aka: plant chemicals that act as antioxidants, reduce inflammation and boosts the immune system. Other health benefits may include, improved brain healthand heart health, reduced blood pressure, improved blood sugar control and healthier microbiome.

INCLUDE AT LEAST THREE COLORS PER MEAL

	RED	ORANGE	YELLOW	GREEN B	BLUE/PURPLE	TAN/WHITE
	Beets Red Peppers Red Onion Red Cabbage Radish Rhubarb Tomato Radicchio Blood oranges Cherries Cranberries Pink grapefruit Pomegranate Raspberries Red apples Strawberries Watermelon	Carrots Orange peppers Pumpkin Butternut Squash Sweet potato Turmeric Root Cantelope Oranges Peaches Tangerines	Corn Yellow peppers Ginger root Spaghetti squash Yellow tomatoes Lemons Pineapple Grapefruit Star Fruit	Artichoke Arugula Asparagus Avocados Broccoli Bok Choy Cabbage Cucumbers Edamame beans Green beans Kale Spinach Sugar snappeas Swiss Chard Brussel Sprouts	Eggplant Endive Cabbage Potatoes Blueberries Blackberries Plums Prunes Grapes Raisins	Chickpeas Cauliflower Mushrooms Shallots Onions Garlic Turnips Fennel Nuts Lentils Potatoes Parsnips White Peaches Bananas
Monday						
Tuesday						

	Red Peppers Red Onion Red Cabbage Radish Rhubarb Tomato Radicchio Blood oranges Cherries Cranberries Pink grapefruit Pomegranate Raspberries Red apples Strawberries Watermelon	Orange peppers Pumpkin Butternut Squash Sweet potato Turmeric Root Cantelope Oranges Peaches Tangerines	Yellow peppers Ginger root Spaghetti squash Yellow tomatoes Lemons Pineapple Grapefruit Star Fruit	Arugula Asparagus Avocados Broccoli Bok Choy Cabbage Cucumbers Edamame beans Green beans Kale Spinach Sugar snappeas Swiss Chard Brussel Sprouts	Endive Cabbage Potatoes Blueberries Blackberries Plums Prunes Grapes Raisins	Cauliflower Mushrooms Shallots Onions Garlic Turnips Fennel Nuts Lentils Potatoes Parsnips White Peaches Bananas
Wednesday						
Thursday						
Friday						

Corn

Carrots

Beets

Artichoke Zucchini

Eggplant Endive

Chickpeas

Cauliflower

Artichoke Zucchini Endive Cauliflower Asparagus Green apple Avocados Kiwi Yellow peppers **Red Peppers** Orange peppers Mushrooms Cabbage **Red Onion** Pumpkin Ginger root **Shallots** Potatoes Red Cabbage **Butternut Squash** Spaghetti squash Limes Broccoli Onions Blueberries Radish Sweet potato Yellow tomatoes Bok Choy Honeydew Blackberries Garlic Rhubarb Turmeric Root Lemons Celery Cabbage Turnips Plums Pineapple Tomato Cantelope Cucumbers Fennel Prunes Radicchio Grapefruit Oranges Edamame Nuts Grapes **Blood oranges** Peaches Star Fruit Lentils beans Raisins Cherries **Tangerines** Green beans Potatoes Cranberries Kale Parsnips Pink grapefruit White Peaches Spinach Pomegranate Bananas Sugar Raspberries snappeas Red apples Swiss Chard Strawberries **Brussel Sprouts** Watermelon Saturday

Corn

Carrots

Beets

Sunday

Chickpeas

Eggplant