

EAT THE RAINBOW: By eating more colorful 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 health and heart health, reduced blood pressure, improved blood sugar control and healthier microbiome.

INCLUDE AT LEAST THREE COLORS PER MEAL

	RED	ORANGE	YELLOW	GREEN	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	Zucchini Green apple Kiwi Limes Honeydew Celery	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							

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Wednesday							
Thursday							
Friday							

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

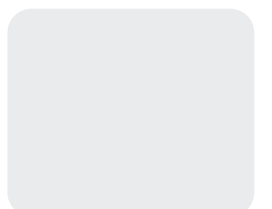
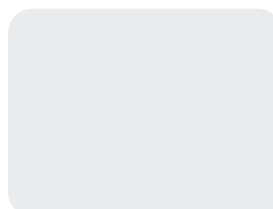
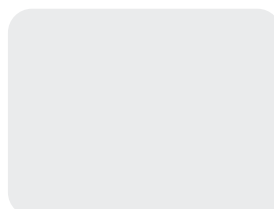
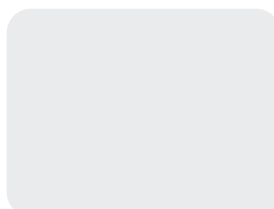
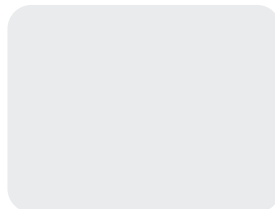
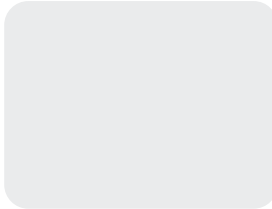
Artichoke
Arugula
Asparagus
Avocados
Broccoli
Bok Choy
Cabbage
Cucumbers
Edamame
beans
Green beans
Kale
Spinach
Sugar
snappeas
Swiss Chard
Brussel Sprouts

Zucchini
Green apple
Kiwi
Limes
Honeydew
Celery

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

Saturday



Sunday

