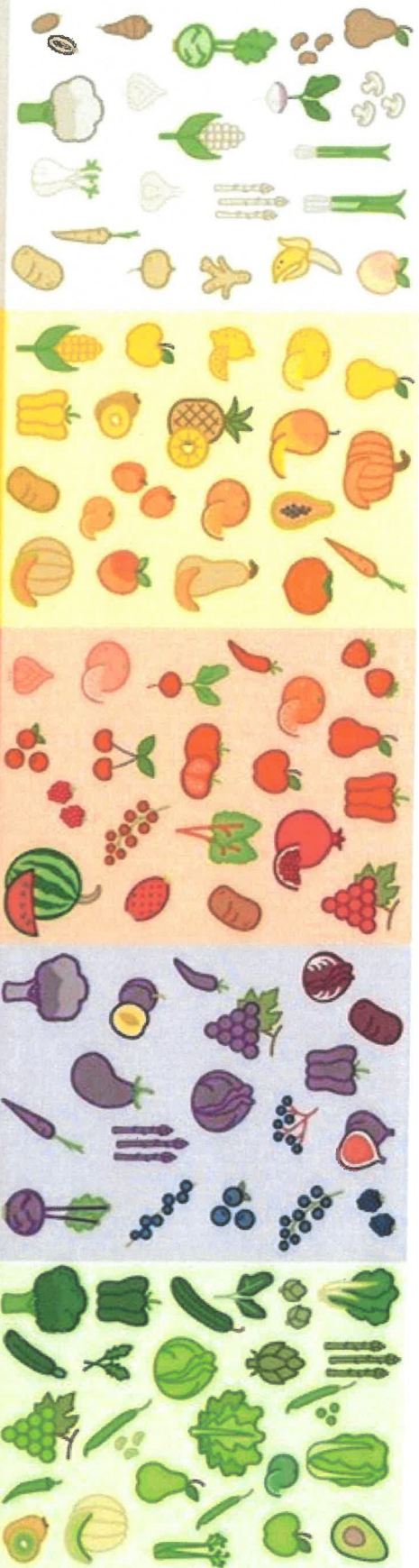







Eat a rainbow






Fruit and vegetables nutrients by color








WHITE

-  Immune system
-  Healthy colon
-  Prevents ulcers
-  Lowers cholesterol
-  Healthy heart

YELLOW

-  Healthy heart
-  Lowers cholesterol
-  Healthy joints/tissues
-  Supports eyesight
-  Prevents Cancer






RED

-  Healthy heart
-  Decreases blood pressure
-  Skin protection
-  Helps cell renewal
-  Prevents Cancer

PURPLE

-  Healthy heart
-  Healthy blood vessels
-  Helps memory
-  Anti-aging
-  Healthy urinary system

GREEN

-  Improves digestion
-  Supports eyesight
-  Healthy bones
-  Immune system
-  Prevents Cancer

**RAINBOW
CHART FOR YOU
TO COMPLETE**

ARTICHOKE	CUCUMBER	RED PEPPERS
ASPARAGUS	EDAMAME BEANS	BETROOT
AVOCADO	GREEN BEANS	RED ONIONS
BAMBOO SHOOTS	GARDEN PEAS	RED CABBAGE
GREEN PEPPERS	ROCKET	RADISH
BOK CHOY	SPINACH	RHUBARB
BROCCOLI	LETTUCE	TOMATO
BRUSSELS SPROUTS	SWISS CHARD	RADICCHIO
CABBAGE	KALE	
CELERY	OKRA	

CARROTS
ORANGE PEPPERS
PUMPKIN
BUTTERNUT
SQUASH
SWEET POTATO
TURMERIC ROOT

SWEETCORN
YELLOW PEPPERS
GINGER ROOT
SUMMER SQUASH
LEMONS

OLIVES
PURPLE CARROTS
PURPLE SWEET POTATOES
KALE
PURPLE POTATOES
BLUEBERRIES
RED CABBAGE
BLACK RICE
AUBERGINE

CHICKPEAS
CAULIFLOWER
MUSHROOMS
SHALLOTS
SEEDS
ONIONS
GARLIC
TURNIPS
FENNEL
NUTS
LENTILS
PARSNIPS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY