



Eat a rainbow

	RED	ORANGE + YELLOW	WHITE + BROWN	GREEN	BLUE + PURPLE
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

RED

Strawberries, Cherries, Raspberries, red apples, tomatoes, red onion, cranberry, watermelon, beetroot,, radishes, kidney beans, pomegranates, red grapes, red pepper

ORANGE & YELLOW

Oranges, naartjie, yellow peppers
corn, pumpkin, butternut, carrot, mango, pawpaw, peach, pineapple, orange sweet potato, patty pan, lemon, apricots, popcorn, grapefruit

WHITE & BROWN

Cauliflower, ginger, garlic, potatoes, banana, mushrooms, onions, nuts , seeds, brown lentils, chickpeas, butter beans hummus or other bean dips, coconut, ginger, dates

GREEN

Green apples, broccoli, grapes, cucumber kiwi fruit, brussel sprouts, asparagus, avocado, pistachios
green beans, cabbage, spinach, lettuce, zucchini, peas, spring onion, pear green olives, kale, sugar snap peas

PURPLE

Blueberries, aubergine, plums, red cabbage, raisins, purple sweet potato, black olives, figs, prunes