

EAT YOUR RAINBOW!

				
RED	ORANGE / YELLOW	BLUE / PURPLE	GREEN	WHITE /BROWN
Tomato	Carrots	Black olives	Asparagus	Cauliflower
Red peppers	Sweet potatoes	Red Cabbage	Spinach	Mushrooms
Radishes	Yams	Eggplant	Kale & Chard	Garlic
Strawberries	Pumpkin	Purple asparagus	Broccoli	Onions
Cherries	Winter Squash	Blackberries	Green beans	Turnips
Red grapes	Cantaloupe	Blueberries	Lettuces	Potatoes
Raspberries	Pineapples	Purple Grapes	Cabbage	Brown pears
Watermelon	Mangoes	Plums	Celery	Bananas
Red apples	Peaches	Figs	Cucumber	Dates
Cranberries	Nectarines	Purple potatoes	Green peppers	Ginger
Red onions	Apricots	Purple cauliflower	Avocados	White peaches
Pomegranate	Grapefruit	Purple potatoes	Green apples	Jicama
Beetroot*	Golden beets	Black beans	Green Grapes	Coconut
Blood oranges	Papayas	Pinto beans	Kiwifruit	Leeks
Kidney beans	Summer squash	Black rice	Limes	Nuts & Seeds
Red beans	Orange peppers	Wild rice	Artichokes	Chickpeas
Red rice	Yellow peppers		Collard greens	White beans
	Turmeric		Arugula	
	Persimmons		Edamame	
	Passionfruit		Brussel's sprouts	
	Starfruit		Zucchini	
	Oranges		Olives	
			Okra	
			Peas, Snow peas	