

EAT the Rainbow



WHITE

YELLOW & ORANGE

RED

PURPLE & BLUE

GREEN

onions, garlic, turnips, parsnips, cauliflower, mushrooms, nuts & seeds, white beans, tofu, greek yogurt, pears, potatoes, etc.

yellow/orange peppers, clementines, carrots, corn, oranges, squash, pumpkin, pineapple, lemon, bananas, peaches, sweet potatoes, etc.

tomatoes, red peppers, strawberries, apples, cherries, watermelon, raspberries, beets, chili peppers, radicchio, pomegranate, etc.

eggplant, purple cabbage, raisins, blueberries, purple grapes, passion fruit, acai berries, elderberries, dragon fruit, blackberries, purple kale, plums, etc.

spinach, peas, green beans, broccoli, cabbage, peppers, cucumbers, asparagus, lettuces, honeydew, green apples, limes, avocados, etc.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

[Cauliflower Salad](#)

4

[Southwestern Sauteed Corn](#)

5

[Baked Apples](#)

6

[Asian Cabbage Salad](#)

7

[Curried Chickpea and Kale Soup](#)

10

[Mediterranean White Bean Soup](#)

11

[Cumin-Roasted Carrots](#)

12

[Cherry Tomato Chicken](#)

13

[Blueberry Coconut Bliss Balls](#)

14

[Oven Roasted Asparagus](#)

17

[Smoky Potato Cakes w/Kale](#)

18

[Banana Egg Pancakes](#)

19

[Roasted Vegetables](#)

20

[Purple Potato-Leek Soup](#)

21

[Mexican Stuffed Peppers](#)

24

[Mushroom & Spinach Quiche](#)

25

[Mandarin Orange Salad](#)

26

[Roasted Beets](#)

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[Baked Eggplant](#)

28

[Avocado Key Lime Tart](#)

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[Healthy Pear Crumble](#)

Add color and healthy nutrients to your menu this month. Use this calendar to help. Click each day's recipe or find recipes of your own. On the weekend, experiment with all the colors.

