

Eat a Rainbow With Every Meal.



Red

- Strawberries
- Raspberries
- Tomatoes
- Cherries
- Apples
- Beets
- Watermelon
- Red Grapes
- Red peppers
- Red onions



Green

- Brussels
- Spinach
- Avocados
- Asparagus
- Artichokes
- Broccoli
- Kale
- Cabbage
- Kiwi
- Herbs
- Collard greens



Yellow Orange

- Pineapple
- Tangerines
- Mango
- Winter squash
- Peaches
- Cantaloupe
- Sweet potatoes
- Peppers
- Carrots
- Oranges
- Pumpkin
- Bananas



Blue Purple

- Grapes
- Blueberries
- Blackberries
- Raisins
- Eggplant
- Plums
- Figs
- Purple cabbage



White

- Onions
- Cauliflower
- Leeks
- Parsnips
- Ginger
- Radish
- Mushrooms
- Garlic

