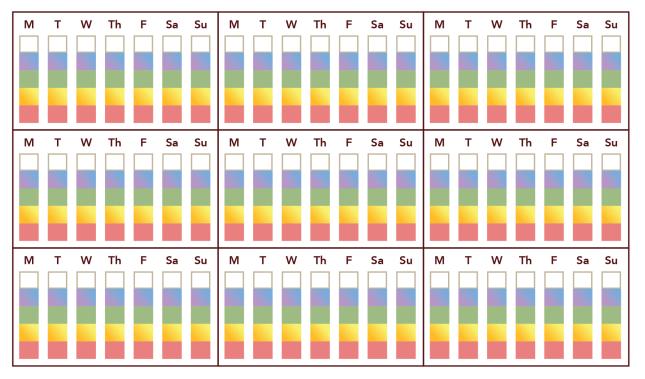


VeraVia * Shades of Wellness Your true path to wellness. Weekly Produce Planner

Choose one or more foods from each color and check them off next to the corresponding day. This will help you eat the rainbow every day. (Hint: most colors can be included with a morning shake.)



- cauliflower, mushrooms, onion, nuts, garlic, coconut, pears, shallots
- beets, blackberries, purple broccoli, purple kale, purple cabbage, purple potatoes, eggplant, grapes, purple cabbage, acai berry, figs, blueberries, plums, potatoes
- avocado, beans, broccoli, cucumber, lettuce, okra, spinach, green grapes, apples, lime, kale, chard, asparagus, artichokes, honeydew melon, kiwi, sapote
- bananas, corn, grapefruit, lemons, pineapples, potatoes, onion, apples, pears, apricots, carrots, mangoes, oranges, peaches, pumpkin, tangerines, persimmon, winter squash
- beets, cherries, red cabbage, red plums, strawberries, apple, raspberries, cranberries, pomegranate, goji berries

COLOR CODE:

White:

- Sulfur anti-cancer. cardio-vascular system
- Isothiocyanates
- anti-cancer

Blue/Purple:

- Anthocyanidins- cancer, heart and neurological health
- Flavonols boosts blood flow to cardiovascular & brain, helps combat cognitive decline.

Green:

- Lutein Helps prevent cancer and heart disease. benefits eye health.
- Indoles Powerful immune booster, anti-cancer

Orange/Yellow:

- Beta-carotene Helps to prevent heart disease. cancer and other immune system disorders.
- Zeaxanthin Slows progression of macular degeneration.

Red:

- Lycopene Prostate health, helps prevent cancer, and heart disease.
- Resveratrol- Helps lower blood sugar, cancer, protects heart and circulatory system, may reduce cholesterol as well as brain plaque.