



Shades of 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.)


M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su	M	T	W	Th	F	Sa	Su

 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.