

Red peppers, tomatoes, cranberries, radishes, red lettuce, red apples, grapes, pomegranate, strawberries, raspberries, red rice, kidney beans, red quinoa, red wine.

Pumpkin, butternut squash, carrots, sweet potatoes, mango, apricots, melon, orange peppers, passionfruit, papaya, peaches, oranges, tangerines, lentils, turmeric.

Yellow carrots, yellow apples, squash, yellow peppers, bananas, grapefruit, lemons. pineapple, corn, pears, yellow zucchini.

Broccoli, cabbage, kale, asparagus, celery, green beans, garden peas, lettuce, chicory, rocket, chard, spinach, green olives, avocado, green tea.

Beetroot, purple carrots, purple sweet potatoes, red cabbage, red onions, blackberries, blueberries, black olives, cocoa, black rice, black beans.

Cauliflower, garlic, onions, shallots, artichokes, mushrooms, parsnips, potatoes, turnip, nuts, seeds, butter beans, chickpeas.

MON

TUE

WED

THU

FR

SAT

SUN