



Eat the Rainbow Food List



embraceLifeandHealthCoaching@karenkaysmith.com

Red Foods



tomato sauces,
ketchup



red bell pepper



cranberries



strawberries



cherries



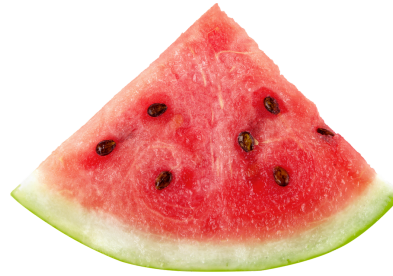
tomatoes



raspberries



beets



watermelon



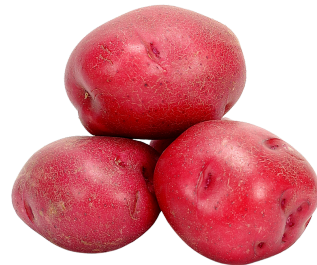
red meat



kidney beans



apples



red potatoes



pomegranate



cherry juice

Orange Foods



oranges
tangerines



pumpkin



carrots



mango



nutternut squash



cantaloupe



orange pepper



salmon



cheese



orange juice



egg yolk



papaya



peach



corn



rutabaga

Yellow Foods



pear



ginger



pineapple



yellow pepper



yellow potato



onion



bananas



yellow squash



lemon



green peppers



spinach

Green Foods



kiwi



green beans



broccoli



edamame



avocados



asparagus



swiss chard



green apple



limes



bok choy



okra



lettuces



artichokes



kale





blueberries



concord blue
grapes



blue corn



blue lobster/crabs

Blue Foods

Purple Foods



grapes



blackberries



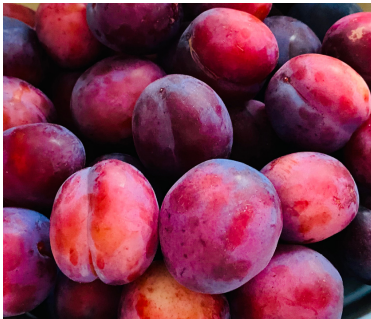
purple potatoes



elderberries



purple cabbage



plums



eggplant



acai berries



black rice



passion fruit