

# Eat the Rainbow Every Day

## GREEN

- ☐ Spinach
- ☐ Kale
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Green beans
- ☐ Asparagus
- ☐ Cabbage
- ☐ Zucchini
- ☐ Swiss chard
- ☐ Collard greens
- ☐ Mustard greens
- ☐ Bok choy
- ☐ Arugula
- ☐ Lettuce
- ☐ Peas
- ☐ Green capsicum
- ☐ Sprouts
- ☐ Leeks
- ☐ Okra
- ☐ Cucumbers

## YELLOW/ORANGE

- ☐ Carrots
- ☐ Sweet potatoes
- ☐ Pumpkin
- ☐ Yellow Squash
- ☐ Orange capsicum
- ☐ Yellow capsicum
- ☐ Corn
- ☐ Yellow tomatoes
- ☐ Swede

## RED/PURPLE

- ☐ Red capsicum
- ☐ Tomatoes
- ☐ Radishes
- ☐ Beetroot
- ☐ Red onions
- ☐ Red cabbage
- ☐ Red chili peppers
- ☐ Red Swiss chard
- ☐ Red potatoes
- ☐ Rhubarb

## WHITE

- ☐ Cauliflower
- ☐ Garlic
- ☐ Onions
- ☐ Mushrooms
- ☐ Potatoes
- ☐ Parsnips
- ☐ Turnips
- ☐ White asparagus
- ☐ Fennel
- ☐ Kohlrabi (white variety)
- ☐ Jerusalem artichokes
- ☐ Leeks (the white part)
- ☐ White raddish
- ☐ Mung bean sprouts

## FRUITS

- ☐ Apples
- ☐ Bananas
- ☐ Oranges
- ☐ Strawberries
- ☐ Mangoes
- ☐ Pineapples
- ☐ Grapes
- ☐ Avocados
- ☐ Blueberries
- ☐ Kiwifruit
- ☐ Pears
- ☐ Peaches
- ☐ Plums
- ☐ Nectarines
- ☐ Cherries
- ☐ Watermelons
- ☐ Rockmelons
- ☐ Honeydew Melons
- ☐ Papayas
- ☐ Lychees
- ☐ Passionfruit
- ☐ Pomegranates
- ☐ Figs
- ☐ Lemons
- ☐ Limes
- ☐ Mandarins
- ☐ Apricots
- ☐ Raspberries
- ☐ Blackberries
- ☐ Mulberries

## DRIED FRUITS

- ☐ Raisins
- ☐ Dried Apricots
- ☐ Dried Figs
- ☐ Dried Dates
- ☐ Dried Cranberries
- ☐ Dried Cherries
- ☐ Dried Blueberries
- ☐ Dried Mango
- ☐ Dried Pineapple
- ☐ Dried Apples
- ☐ Dried Bananas
- ☐ Dried Peaches
- ☐ Dried Plums (Prunes)
- ☐ Dried Mulberries
- ☐ Dried Goji Berries

# Eat the Rainbow Every Day

## ANIMAL

- ☐ Beef
- ☐ Chicken
- ☐ Pork
- ☐ Lamb
- ☐ Turkey
- ☐ Duck
- ☐ Veal
- ☐ Goat
- ☐ Rabbit
- ☐ Venison (Deer)
- ☐ Pheasant
- ☐ Kangaroo

## OCEAN

- ☐ Salmon
- ☐ Tuna
- ☐ Cod
- ☐ Halibut
- ☐ Trout
- ☐ Mackerel
- ☐ Sardines
- ☐ Snapper
- ☐ Bass
- ☐ Haddock
- ☐ Pollock
- ☐ Herring
- ☐ Swordfish

## DAIRY

- ☐ Milk (Cow, Goat, Sheep, Camel)
- ☐ Cheese (Cheddar, Mozzarella, Swiss, Brie, Blue, Gouda, etc.)
- ☐ Yogurt (Greek, regular, flavored)
- ☐ Butter
- ☐ Cream
- ☐ Sour Cream
- ☐ Cottage Cheese
- ☐ Buttermilk
- ☐ Kefir
- ☐ Ricotta Cheese
- ☐ Cream Cheese
- ☐ Ghee (Clarified butter)
- ☐ Ice Cream
- ☐ Gelato
- ☐ Evaporated Milk
- ☐ Condensed Milk
- ☐ Whey Protein
- ☐

## PROTEINS

- ☐ Eggs
- ☐ Tofu
- ☐ Tempeh
- ☐ Vegan processed food
- ☐ Dairy-Free Yogurt (almonds, soy, coconut)
- ☐ Plant-Based Milk (Soy, Almond, Oat)

## SEEDS

- ☐ Chia Seeds
- ☐ Flaxseeds
- ☐ Pumpkin Seeds
- ☐ Sunflower Seeds
- ☐ Hemp Seeds
- ☐ Sesame Seeds
- ☐ Poppy Seeds
- ☐ Nigella Seeds
- ☐ Mustard Seeds
- ☐ Cumin Seeds

## NUTS

- ☐ Almonds
- ☐ Walnuts
- ☐ Cashews
- ☐ Pecans
- ☐ Pistachios
- ☐ Hazelnuts
- ☐ Brazil Nuts
- ☐ Macadamia Nuts
- ☐ Pine Nuts
- ☐ Chestnuts

## PULSES

- ☐ Lentils
- ☐ Chickpeas
- ☐ Black Beans
- ☐ Kidney Beans
- ☐ Pinto Beans
- ☐ Navy Beans
- ☐ Cannellini Beans
- ☐ Mung Beans
- ☐ Adzuki Beans
- ☐ Split Peas
- ☐ Black-Eyed Peas
- ☐ Broad Beans

# Eat the Rainbow Every Day

## GRAINS

- ☐ Bread
- ☐ Pasta
- ☐ Rice
- ☐ Oats
- ☐ Cereals
- ☐ Crackers
- ☐ Tortillas
- ☐ Couscous
- ☐ Quinoa
- ☐ Barley
- ☐ Bulgur
- ☐ Polenta
- ☐ Popcorn
- ☐ Muffins
- ☐ Bagels
- ☐ Noodles
- ☐ Pita
- ☐ Buns
- ☐ Rolls

## FAST FOOD

- ☐ Burgers (Cheeseburgers, Veggie Burgers, etc.)
- ☐ French Fries
- ☐ Fried Chicken
- ☐ Pizza
- ☐ Hot Dogs
- ☐ Tacos
- ☐ Burritos
- ☐ Nachos
- ☐ Sandwiches (Sub Sandwiches, Club Sandwiches, etc.)
- ☐ Wraps
- ☐ Chicken Nuggets
- ☐ Fish and Chips
- ☐ Onion Rings
- ☐ Mozzarella Sticks
- ☐ Milkshakes
- ☐ Soft Drinks
- ☐ Salads (Caesar Salad, Garden Salad, etc.)
- ☐ Donuts
- ☐ Ice Cream Cones
- ☐ Breakfast Items (Egg Muffins, Breakfast Burritos, etc.)

## FATS

- ☐ Butter
- ☐ Ghee (Clarified Butter)
- ☐ Lard
- ☐ Tallow
- ☐ Shortening
- ☐ Margarine
- ☐ Duck Fat
- ☐ Bacon Fat
- ☐

## OILS

- ☐ Olive Oil
- ☐ Canola Oil
- ☐ Vegetable Oil
- ☐ Sunflower Oil
- ☐ Safflower Oil
- ☐ Coconut Oil
- ☐ Avocado Oil
- ☐ Peanut Oil
- ☐ Sesame Oil
- ☐ Grapeseed Oil
- ☐ Flaxseed Oil
- ☐ Walnut Oil
- ☐ Soybean Oil
- ☐ Corn Oil
- ☐ Rice Bran Oil
- ☐

## BAKERY ITEMS

- ☐ Croissants
- ☐ Danish Pastries
- ☐ Puff Pastries
- ☐ Cakes
- ☐ Biscuits
- ☐ Pies
- ☐ Sausage Rolls
- ☐ Savoury Rolls
- ☐ Sweet Rolls
- ☐ Quiche

# Eat the Rainbow Every Day

## SPICES

- ☐ Black Pepper
- ☐ Cumin
- ☐ Coriander
- ☐ Turmeric
- ☐ Paprika
- ☐ Chili Powder
- ☐ Cinnamon
- ☐ Cloves
- ☐ Cardamom
- ☐ Nutmeg
- ☐ Ginger
- ☐ Mustard Seeds
- ☐ Fenugreek
- ☐ Fennel Seeds
- ☐ Saffron
- ☐ Salt

## HERBS

- ☐ Basil
- ☐ Mint
- ☐ Parsley
- ☐ Coriander
- ☐ Rosemary
- ☐ Thyme
- ☐ Oregano
- ☐ Dill
- ☐ Sage
- ☐ Chives
- ☐ Tarragon
- ☐ Marjoram
- ☐ Lemon Balm
- ☐ Fennel Fronds

## DRINKS

- ☐ Water
- ☐ Black Tea
- ☐ Green Tea
- ☐ Herbal Tea
- ☐ Coffee
- ☐ Juice
- ☐ Smoothies
- ☐ Lemonade
- ☐ Milk
- ☐ Hot Chocolate
- ☐ Iced Tea
- ☐ Sparkling Water
- ☐ Coconut Water
- ☐ Sports Drinks
- ☐ Energy Drinks
- ☐ Cool Drinks
- ☐ Kombucha

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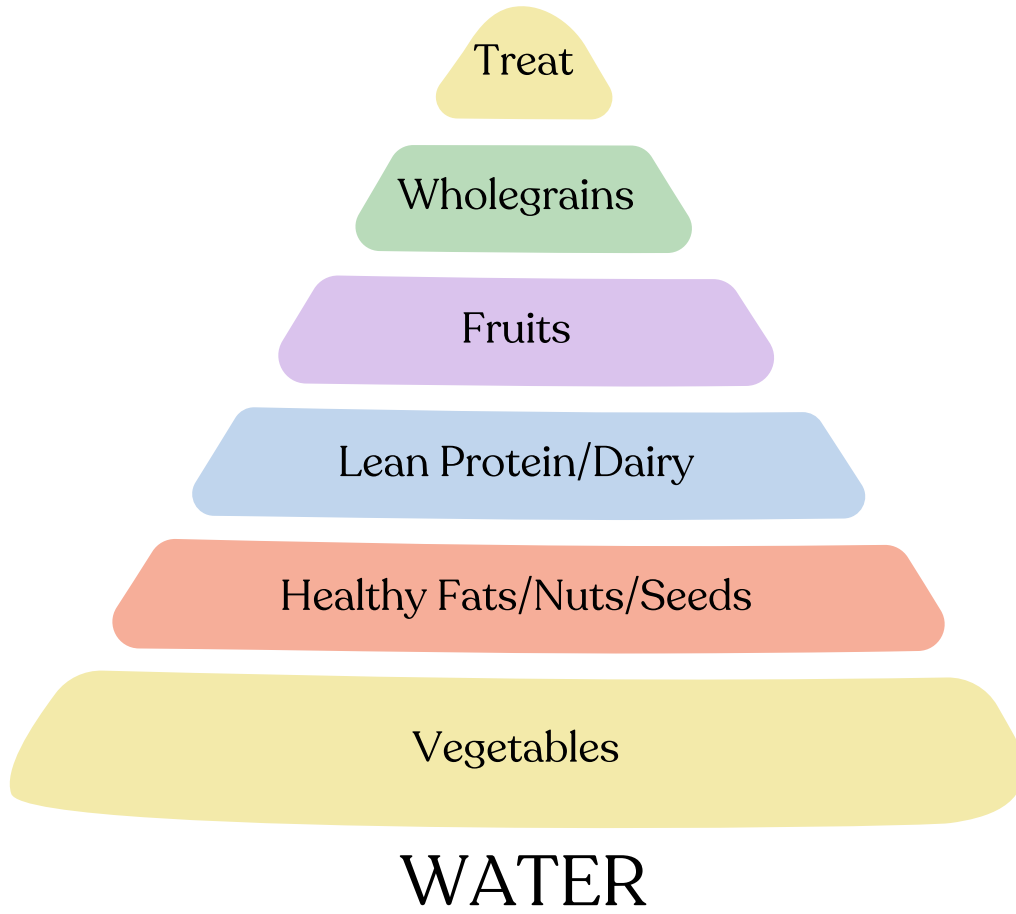
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# NUTRITIONAL BALANCE



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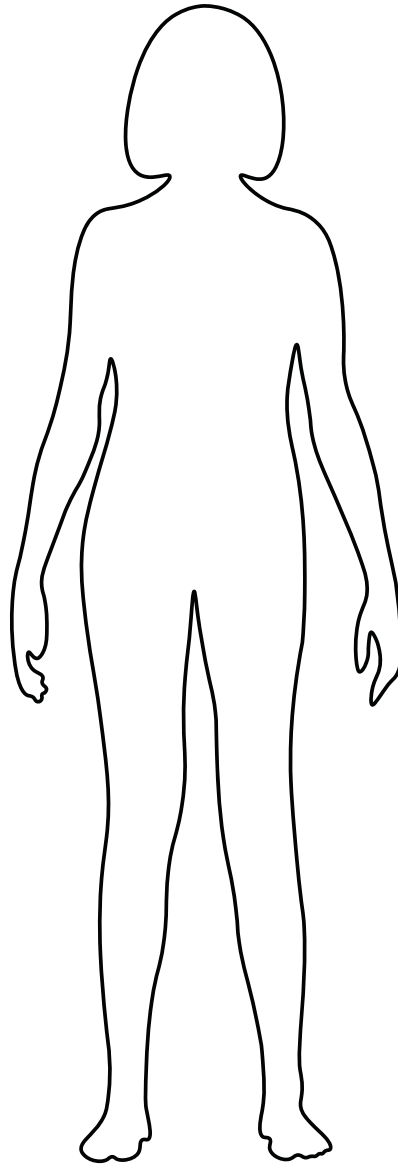
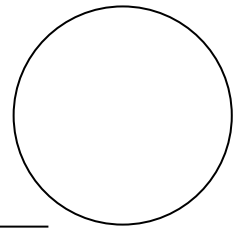
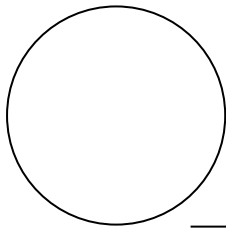
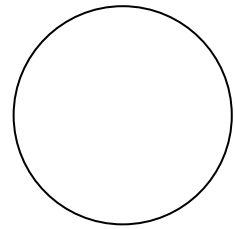
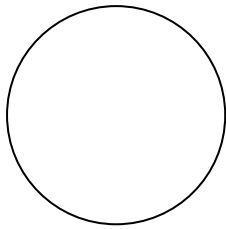
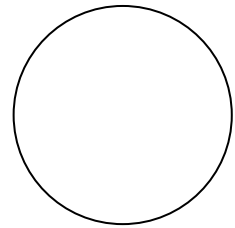
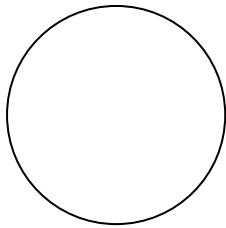
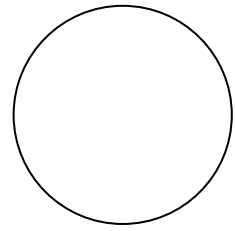
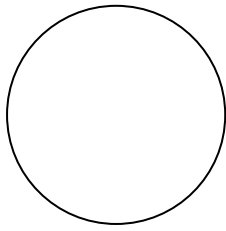
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# BODY SYMPTOMS



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# Mood Tracker

Month: \_\_\_\_\_

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30



Happy



Sad



Sick



Angry

# 3-DAY FOOD JOURNAL

DATE:     /     /

MEAL	DAY 1 _ _ _ _ _	DAY 2 _ _ _ _ _	DAY 3 _ _ _ _ _
BREAKFAST (FIRST MEAL)			
SNACKS			
LUNCH (SECOND MEAL)			
SNACKS			
DINNER (THIRD MEAL)			
NOTES			

WATER

