

Eat the RAINBOW!



Good to know

Everyone can take part in this challenge. Vegan, vegetarian, paleo, keto followers as well. The foods on the „eat these” list are all optional. Please take your allergies, intolerances and preferences into consideration. The provided amounts can be changed a bit.

- THE GOAL IS TO EAT AS MANY COLOURS EACH DAY AS POSSIBLE, WHILE WE EAT 8-10 PORTION VEGETABLES. 1 OR 2 PORTIONS OUT OF THIS 8-10 CAN BE REPLACED WITH FRUIT.
- The size of a portion can vary, depending on what we're eating. You can find this info on a separate sheet.
- If you are vegan or vegetarian, just skip the animal based foods and combine foods in a way to provide complete proteins for your body. There'll be a sheet about that too.
- If you feel better eating less carbs, please choose the lower carb veggies and fruits.
- If you feel better on a high fat diet, please choose your fats from the „eat this” list.
- I recommend to avoid fats during cooking in the next 30 days.
- If you eat animal protein, then your fat intake can come from poultry, meat, fish, seafood, egg, anyway you can have fats through consuming fatty plants, like olives, avocado, coconut, nuts and seeds, or using oils, like olive oil, coconut oil, avocado oil as dressing on salads. If you are on a keto diet, you can easily consume enough fat from this list.
- Bacon and pork based products, like sausages, salamis, ham are not accepted this time, Sorry!
- There's rice, quinoa and gluten free oats on the „eat this” list. If you don't tolerate or simply don't consume them, that's totally ok. Simply skip them.
- If you follow a 160g carb diet, then I recommend to make that 160g carb up mostly from veggies.
- If you need to limit your protein, salt, fat, etc intake, please take your limits into consideration and keep yourself to that!
- Don't snack during the day. Eat 3-4 normal sized portions, that's enough for you till the next meal.
- The available vegetable, fruit, meat, fish assortment can vary by town, country or region. Please, eat the widest possible range of vegetables every day, that you can access.