

Eat the RAINBOW!

30 day challenge



www.supermomnutrition.com

Eat the RAINBOW!



- 2 L water
- 8-10 portion veg
- Laughing
- Exercise
- 8 hours sleep
- Relaxation

- Red
- Orange
- Yellow
- Green
- Blue
- White/tan

	Red	Orange	Yellow	Green	Blue	White/tan										
M																
Tu																
W																
Th																
F																
Sa																
Su																

Eat the RAINBOW!



Who and why should start it?

- If you want to **lose weight**.
- If you'd like to **sleep better, wake up more refreshed**.
- If you have a **hormonal issue** (thyroid, oestrogen, progesterone, insulin, androgen, etc) and you'd like to **balance them**.
- If you have **endometriosis, fibroids, PMS** and you'd like to **get rid of them**.
- If you have **high cholesterol, cardiovascular issues**.
- If you have **high blood sugar issues**.
- If you follow a **160g carb diet, but you want it to be more efficient**.
- If you want to have **cleaner skin**.
- If you want to **be and feel more energetic**.
- If you have **frequent headaches and migranes**, and you want to get rid of them.
- You'd like to **prepare your body for pregnancy**.
- If **you'd like to start the autoimmune protocol**, but you can go cold turkey and leave all foods behind, that was part of your life till now.
- If you want to be a **good role model for your kids**.
- If you'd like to **help your body's detox ability**.
- If you'd like to **feel better in your body**.
- If you **can't poo on a daily basis or if you go too many times and it's quite soft**.

Eat the RAINBOW!



GOALS

- **Eat every day as many natural colours as possible**, while you consume daily **8-10 portions of vegetables**. You can replace 1-2 portions with fruits.
- **Drink at least 2 L water** every day. If you do some sports, or perspire a lot, then drink more, than 2 L. (0.53 gal lqd)
- **Sleep at least 8 hours every day**. If possible, go to bed latest by 10PM.
- Find something funny or kind every day, that makes you smile. **Laugh** with your friends and family.
- **Move 15-30 minutes** every day. Please adjust your exercise to your recent physical status. Adjust the type and quantity of the exercise. I recommend doing one or more of these: walking, yoga, pilates, body weight workout, weighted workout.
- Every day have at least **5 minutes, when you switch off your thoughts and stop rushing**. Slow down for 5 minutes. You can use deep breathing technique, meditation, Theta Healing, being present technique, drawing, colouring, knitting. Anything, that switches your thoughts off for a while.

*If you have shifts at work, please try to sleep this 8 hours in one go, whenever you can.

*If you have an injury or illness, that makes movements difficult, please still try to do your best to find some form of movements, exercises, that you can do, if there's a way.

*If you do plenty of exercises, or you follow a diet prescribed by a doctor or dietitian, please adjust these recommendations to your own situation.

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.



Eat the RAINBOW!

Red

Radish
 Káposzta
 Red radicchio
 Red bell pepper
 Red chili pepper
 Onion
 Beet
 Potato
 Rhubarb
 Tomato
 Raspberry
 Strawberry
 Apple
 Pear
 Blood orange
 Cherry
 Sour cherry
 Cranberry
 Guava
 Pink/red grapefruit
 Grapes
 Watermelon

Orange

Bell pepper
 Butternut squash
 Winter squash
 Carrot
 Sweet potato
 Apricot
 Orange
 Grapefruit
 Papaya
 Mango
 Nectarin
 Peach
 Turmeric

Yellow

Yellow beet
 Yellow zucchini
 Yellow potato
 Yellow winter
 squash
 Yellow bell pepper
 Yellow carrot
 Yellow pear
 Yellow apple
 Pineapple
 Lemon
 Golden kiwi

Green

Bell pepper
 Artichoke
 Asparagus
 Sorrel
 Spinach
 Arugula
 Savoy cabbage
 Brussels sprout
 Kale
 Cabbage
 Broccolini
 Broccoli
 Broccoli rabe
 Chayote
 squash
 Chinese cabbage
 Endives
 Cucumber
 Zucchini
 Okra
 Lettuce
 Green bean
 Pea
 Snow pea

Collard green
 Watercress
 Chard
 Lamb's lettuce
 Leek
 Chives
 Spring onion
 Parsley
 Dill
 Oregano
 Basil
 Dandelion
 Chickweed
 Celery
 Avocado
 Green apple
 Green pear
 Grapes
 Kiwi
 Honeydew melon

Blue

Cabbage
 Endives
 Purple carrot
 Purple cauliflower
 Eggplant/aubergine
 Potato
 Cabbage
 Asparagus
 Grapes
 Plum, prune
 Fig
 Blueberry
 Elderberry
 Blackberry
 Black currant

White/tan

Cauliflower
 Mushrooms
 Parsnip
 White carrot
 Onion
 Garlic
 Kohlrabi
 Jerusalem artichoke
 Ginger
 Dates
 Lemongrass
 Banana
 White peach
 Potato
 Turnip
 Shallot
 Plantain

The list of available vegetables and fruits can vary town by town or country by country. If you are lucky enough to find other veggies, like banana or grape leaf, or any other veggies and fruits, go for them.

Eat the RAINBOW!



To eat or not to eat?

Eat and drink these*

- Vegetables, the more colour the better
- Mostly leaner meats (turkey, chicken, rabbit, wild game meat) or leaner parts of lamb, pork, beef)
- Fish (sardines, mackarel, anchovies, salmon, herring, and smaller size fish)
- Seafood
- Egg
- Rice, quinoa, gluten free oats
- Small handful nuts and seeds
- Fruits in moderation (low sugar content is preferred)
- Legumes (bean, pea, lentil)
- Fats, that can be consumed: coconut oil, olive oil, avocado oil
- Drinks: water, sugar and sweetener free herbal-, fruit- and green tea
- If you need to sweeten something, you can use dried dates, honey or stevia. (In moderation!!)
- Max 1 coffee a day without sugar or milk
- You can bake the foods in the oven, cook them in water, steam them or sautee them on low heat.

Do NOT eat or drink these

- Gluten containing foods (flour based foods, bakery products, pasta, bread, pizza etc.)
- Dairy products: milk, yogurt, butter, cheese, cottage cheese, sour cream, whipping cream
- Tilapia and bigger fish
- Soy and foods containing soy
- Refined sugar: brown, white, etc.
- Artificial sweeteners
- Sugar alcohols (xylitol, erytritol, sorbitol, etc.)
- Rice syrup, corn syrup, other syrups
- Processed foods (canned fish with water or olive oil, canned beans, coconut milk are exceptions**)
- Margarin, cooking oils, sunflower, safflower oil, corn oil, other processed oils, lard, duck fat, goose fat, soy butter, etc.
- Soda, fruit juices
- French fries and other deep fried or very fatty processed foods

*If you have some allergies or intolerances, please avoid the problematic foods.

**Always read the labels and check the ingredients! If there's any item from the do not eat list, don't buy it, don't eat it.

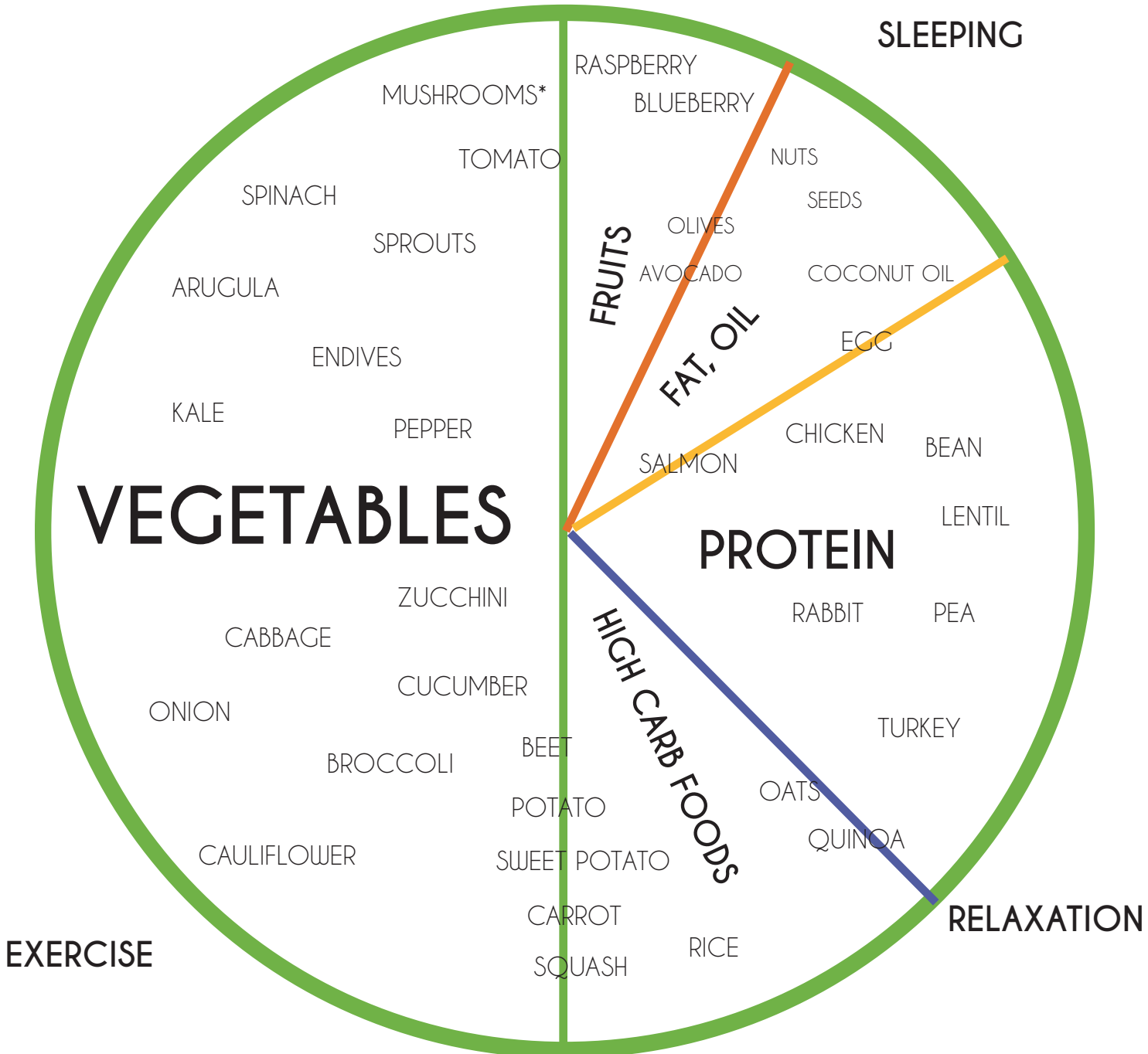
These are recommendations. The choice is yours!

Eat the RAINBOW!



LAUGHING, HAPPINESS

MIN. 2 L WATER



*Mushrooms are not vegetables, but it was easier to illustrate this this way. These are just examples. The complete list, that can be eaten is on the eat or not to eat page.

This chart shows only approximate ratios.

Eat the RAINBOW!



Portion sizes

- 1 portion of salad, cabbage, other leafy plants (spinach, arugula/rocket, endives, etc), where we eat the leaves: 1 cup raw, 1/2 cup cooked
 - 1 portion other vegetables: 1 cup after chopping it up
 - 1 portion of bell pepper: 1/2 of a big pepper
 - 1 portion of broccoli, cauliflower: 7-8 florets
 - 1 portion of carrot, parsnip: 1 medium sized or 6 baby carrot
 - 1 portion of zucchini, yellow zucchini: 1/2 of a medium sized
 - 1 portion of potato, sweet potato, beet: 1/2 of a medium sized
 - 1 portion of plantain: 1/2 of a medium sized
 - 1 portion of avocado: 1/2 of a medium sized
 - 1 portion of fruit: mostly it equals 1 cup
 - 1 portion of banana: 1 small sized
 - 1 portion of kiwi: 1 medium sized
-
- 1 portion of meat, poultry, fish: 1 palm sized (please consider your own palm's size)
 - 1 portion of bean, lentil, pea when cooked: 1/2 cup
 - 1 portion of rice, quinoa, gluten free oats when cooked: 1/2 cup
 - 1 portion of fat, like coconut oil, olive oil: 1 thumb sized (please consider your own thumb size)

There are foods, from which you can eat a bigger portion or more cups. These are the salads, leafy vegetables, zucchini, endives, cabbage, broccoli, cauliflower, tomato. There are foods, where the quantity depends on the person's genetics, activity level, etc. These are the rice, oats, potato, sweet potato, beet, carrot, parsnip, fruits. For many people it's best to limit them to daily 1-2 portions.

1 cup is approx 240 ml.