

### Rainbow Diet

In the rainbow diet we invite you to eat all colours of the spectrum every day. This gives you a big variety of fruits and vegetables with essential and healthy nutrients. You are also nourishing the 7 main chakra's of the body on an energetic level.



### White food

(7st chakra - crown chakra)  
 • white colour comes from lack of chlorophyll, anthocyanins, carotens  
 White fruits, veggies & edible flowers  
 fr: white currents  
 v: kohlrabi, cauliflower, cichoree, onions  
 fl: elder flower, daisies



### Blue food

(4st chakra - throat chakra)  
 The purple colour comes from anthocyanides  
 Blue fruits, veggies & edible flowers  
 f: blue berries, blue forest berries  
 v: blue potatoes  
 fl: violets, bell flowers, forget-me-nots.



### Orange food (2nd chakra)

the orange colour comes from carotenoides  
 Orange fruits, veggies and edible flowers  
 fr: Mandarin, oranges  
 v: Carrots, pumpkins, sweet potatoe

- anthocyanins: red, purple and blue pigments in flowers and other plants. Protect chlorophyll from photodamage. Strong anti-oxidant in food.
- chlorophyll: green molecule, essential in photosynthesis. In food important for red blood cells.
- carotenoides: yellow, orange and red pigments in plants. Strong anti oxidant in food. Protect chlorophyll from photodamage

### Purple food

(5st chakra - third eye)  
 • purple colour comes from anthocyanides.  
 Purple fruits, veggies & edible flowers  
 fr: grapes, plums  
 v: aubergine, red cabbage  
 fl: magenta melde



### Green food

(6st chakra - heart chakra)  
 the green colour comes from chlorophyll.  
 Green fruits and veggies  
 f: kiwi, grapes  
 v: green bellpepper, cucumber, broccoli, greens&salads



### 3. Yellow food

(3st chakra - solar plexus)  
 the yellow colour comes from carotenoides.  
 Yellow fruits & veggies  
 f: Lemon, melon, banana  
 v: Yellow bellpepper, mais



### Red food

(1st chakra - )  
 the red colour comes from carotenoides  
 Red fruits, veggies & edible flowers  
 f: Red currents, strawberries, pomegranate, cherries  
 v: radishes, red bell pepper, red beet





**chakra 7 - violet or white colour**

- **Muladhara - crown chakra** •

*the color of cosmic awareness and consciousness. The color of oneness and spirituality. Of magic, ritual, cleansing, purifying, connecting, mystery, and mysticism.*



**White fruits, veggies & edible flowers**  
white plant(part)s lack chlorophyl

*fr: white currents*

*v: kohlrabi, cauliflower, cichoree, onions*

*fl: elder flower, madeliefje?*

**chakra 6 - indigo colour**

- **- third eye chakra** •

*Indigo brings clarity to the sense organs - seeing, hearing and feeling. Connected to your third eye. A bridge between heaven and earth, left and right hemispheres and life and death.*



**Purple fruits, veggies & edible flowers**  
purple colour comes from anthocyanins

*fr: grapes, plums*

*v: aubergine, red cabbage*

*fl: magenta melde*

**chakra 5 - blue colour**

- **- throat chakra** •

*The color of communication, used to soothe the soul. Blue energy is pure, soothing, calming, and healing. It is connected with creativity and expression.*



**Blue fruits, veggies & edible flowers**  
the blue colour comes from anthocyanins

*f: blue berries, blue forest berries*

*v: blue potatoes*

*fl: violets, bell flowers, forget-me-nots*

**chakra 4 - green colour**

- **- heart chakra** •

*Green is the energy of love and transformation. It allows you to transform your ego. It is the color of healing, balance, tranquility, and serenity.*



**Green fruits and veggies**  
the green colour comes from chlorophyl

*f: kiwi, grapes*

*v: green bellpepper, cucumber, broccoli, greens&salads*

**chakra 3 - yellow colour**

- **- solar plexus chakra** •

*It is at the solar plexus where the "I" shines from, where you feel the strength, will and personal power. The energy is vibrant, optimistic, and full of energy.*



**Yellow fruits, veggies & edible flowers**  
the yellow colour comes from carotenoides

*f: Lemon, melon, banana*

*v: Yellow bellpepper, mais*

**chakra 2 - orange colour**

- **- sacral chakra** •

*The color of creativity and feelings. The area of our gut feelings and wisdom. Buddhists "hara", centre of our being. Orange energy is very sensual.*



**Orange fruits, veggies and edible flowers**  
the orange colour comes from carotenoides

*fr: Mandarin, oranges*

*v: Carrots, pumpkins, sweet potatoe*

**chakra 1 - red colour**

- **Muladhara - root chakra** •

*Red is the color of the life force. It is the color of blood and the first color we come into contact when we are born. Red means energy and our connection with the Earth the promise of survival.*



**Red fruits, veggies & edible flowers**  
the red colour comes from carotenoïdes

*f: Red currents, strawberries, pomegranate, cherries*

*v: radishes, red bell pepper, red beet*

