




The
BeachHOUSE
Goa

Eat the
Rainbow
Challenge

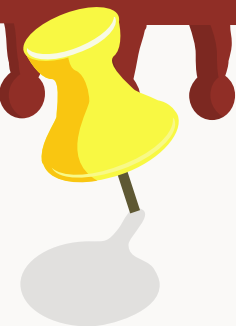


Have you ever wondered how the vibrant colours of fruits and vegetables impact your health?

The "**Eat the Rainbow**" challenge invites you to explore the profound connection between the hues of your food and your well-being.

Each colour represents a unique set of nutrients and health benefits, contributing to a balanced, nourishing diet.

By embracing this challenge, you'll not only diversify your palate but also fortify your body with the essential vitamins, minerals, and antioxidants it needs to thrive. Join us on this 15-day journey, where each day highlights a different colour, and discover the transformative power of eating the rainbow.



DAY 1: RADIANT RED DAY

Red Foods:

Enjoy the rich lycopene and anthocyanins found in red foods, boosting your heart health and reducing inflammation.

Here are some meal ideas for you:



Breakfast:

Strawberry Smoothie with Almond Milk



Lunch:

Beetroot and Quinoa Salad



Snack:

Red Apple Slices with Peanut Butter



Dinner:

Beetroot and Quinoa Salad



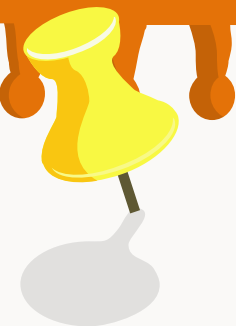
Mindfulness Challenge:

Reflect on how the colour red makes you feel. How can you incorporate more energy and passion into your daily life?



Reflective Question:

What are three things that make you feel energized and alive?



DAY 2: ORANGE SUNSHINE DAY

Orange Foods:

Savor the high beta-carotene content in orange foods, promoting eye health and boosting your immunity.

Here are some meal ideas for you:



Breakfast:

Carrot and Orange Juice



Lunch:

Roasted Butternut Squash and Lentil Stew



Snack:

Orange Slices



Dinner:

Sweet Potato and Carrot Soup



Mindfulness Challenge:

As you enjoy your orange foods, think about the warmth and vitality they bring. How can you add more warmth to your interactions today?



Reflective Question:

What are three ways you can show kindness and warmth to those around you?



DAY 3: SUNNY YELLOW DAY

Yellow Foods:

Relish the vitamins A and C provided by yellow foods, supporting your skin health and aiding digestion.

Here are some meal ideas for you:



Breakfast:

Mango and Banana Smoothie



Lunch:

Corn and Yellow Pepper Salad



Snack:

Pineapple Chunks



Dinner:

Turmeric Spiced Cauliflower and Chickpea Curry



Mindfulness Challenge:

Notice the brightness of yellow foods and reflect on moments of joy in your life. How can you cultivate more happiness each day?



Reflective Question:

What are three things that bring you joy and how can you incorporate them more into your life?



DAY 4: VERDANT GREEN DAY

Green Foods:

Benefit from the iron, calcium, and antioxidants in green foods, which support bone health and reduce inflammation.

Here are some meal ideas for you:



Breakfast:

Spinach and Avocado Smoothie



Lunch:

Mixed Greens Salad with Green Peas and Cucumbers



Snack:

Green Apple Slices



Dinner:

Sautéed Kale and Spinach with Quinoa



Mindfulness Challenge:

Think about the calm and balance that green represents. How can you bring more balance into your routine today?



Reflective Question:

What are three activities that help you feel balanced and centred?



DAY 5: MYSTICAL BLUE & PURPLE DAY

Blue & Purple Foods:

Indulge in the rich anthocyanins in blue and purple foods, supporting brain health and reducing inflammation.

Here are some meal ideas for you:



Breakfast:

Blueberry Chia Pudding



Lunch:

Purple Cabbage Slaw



Snack:

Grapes



Dinner:

Eggplant and Lentil Stew



Mindfulness Challenge:

Reflect on the mystery and depth of blue and purple foods. How can you deepen your connections with others?



Reflective Question:

What are three ways you can deepen your relationships and foster meaningful connections?



DAY 6: HARMONY OF RED & GREEN

Red and Green Combo:

Combine the lycopene and antioxidants in red and green foods, boosting your heart health and overall wellness.

Here are some meal ideas for you:



Breakfast:

Watermelon and Mint Smoothie



Lunch:

Mixed Greens with Cherry Tomatoes and Avocado



Snack:

Red and Green Bell Pepper Strips with Hummus



Dinner:

Red Quinoa and Green Bean Stir Fry



Mindfulness Challenge:

Reflect on the harmony between red and green. How can you find balance between your energy and calmness?



Reflective Question:

What are three strategies you use to balance high energy and relaxation?



DAY 7: CITRUS SUNSHINE DAY

Orange and Yellow Combo:

Enjoy the high vitamins A and C content in orange and yellow foods, supporting your immune function and skin health.

Here are some meal ideas for you:



Breakfast:

Mango and Carrot Smoothie



Lunch:

Sweet Corn and Yellow Tomato Salad



Snack:

Apricots



Dinner:

Pumpkin and Yellow Lentil Soup



Mindfulness Challenge:

Consider the positivity and optimism these colours bring. How can you spread positivity today?



Reflective Question:

What are three ways you can share positivity and optimism with those around you?



DAY 8: GARDEN GREENS & ROYAL PURPLES

Green and Purple Combo:

Take advantage of the antioxidants and fiber in green and purple foods, supporting digestion and overall health.

Here are some meal ideas for you:



Breakfast:

Kiwi and Spinach Smoothie



Lunch:

Purple Kale and Green Apple Salad



Snack:

Edamame



Dinner:

Pumpkin and Yellow Lentil Soup



Mindfulness Challenge:

Reflect on the blend of calm and mystery. How can you embrace both stability and exploration in your life?



Reflective Question:

What are three new things you would like to explore or learn about?



DAY 9: PASSION & TRANQUILLITY DAY

Red and Blue Combo:

Harness the rich antioxidants in red and blue foods, supporting both brain and heart health.

Here are some meal ideas for you:



Breakfast:

Mixed Berry Smoothie (Strawberries, Blueberries)



Lunch:

Red Cabbage and Blueberry Salad



Snack:

Plum



Dinner:

Beet and Blueberry Quinoa Bowl



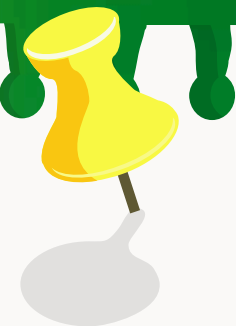
Mindfulness Challenge:

Think about the passion and tranquillity these colours represent. How can you pursue your passions while staying grounded?



Reflective Question:

What are three passions you want to pursue and how can you stay grounded while doing so?



DAY 10: BRIGHT BALANCE DAY

Yellow and Green Combo:

Appreciate the high vitamins C and A content in yellow and green foods, supporting your immune function and eye health.

Here are some meal ideas for you:



Breakfast:

Pineapple and Spinach Smoothie



Lunch:

Zucchini and Yellow Squash Noodles



Snack:

Golden Kiwi



Dinner:

Lemon and Herb Grilled Asparagus



Mindfulness Challenge:

Reflect on the brightness and balance. How can you bring more light and stability into your daily life?



Reflective Question:

What are three ways you can bring more light and stability into your daily routine?



DAY 11: VIBRANT DEPTH DAY

Blue/Purple and Orange Combo:

Appreciate the high vitamins C and A content in yellow and green foods, supporting your immune function and eye health.

Here are some meal ideas for you:



Breakfast:

Blueberry and Carrot Smoothie



Lunch:

Purple Sweet Potato and Carrot Soup



Snack:

Mandarin Oranges



Dinner:

Roasted Purple Potatoes and Orange Bell Peppers



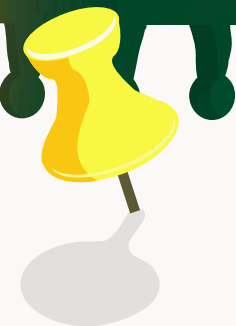
Mindfulness Challenge:

Consider the blend of depth and vitality. How can you stay vibrant while appreciating life's deeper aspects?



Reflective Question:

What are three ways you can stay vibrant and energetic while reflecting on life's deeper meanings?



DAY 12: HARMONY DAY

Red, Green, and Yellow Combo:

Enjoy a mix of antioxidants, vitamins, and minerals from red, green, and yellow foods, supporting your overall health.

Here are some meal ideas for you:



Breakfast:

Strawberry and Spinach Smoothie with Pineapple



Lunch:

Mixed Greens with Red and Yellow Bell Peppers



Snack:

Mixed Berries



Dinner:

Grilled Veggie Skewers (Tomatoes, Zucchini, Yellow Squash)



Mindfulness Challenge:

Reflect on the harmony of these colours. How can you create harmony in different areas of your life?



Reflective Question:

What are three areas of your life where you can create more harmony?



DAY 13: RADIANT SPECTRUM DAY

Orange, Blue, and Purple Combo:

Relish the high antioxidants and vitamins in orange, blue, and purple foods, supporting brain health and immune function.

Here are some meal ideas for you:



Breakfast:

Orange and Blueberry Smoothie



Lunch:

Roasted Purple Carrots and Sweet Potatoes



Snack:

Blackberries



Dinner:

Eggplant and Orange Bell Pepper Stir Fry



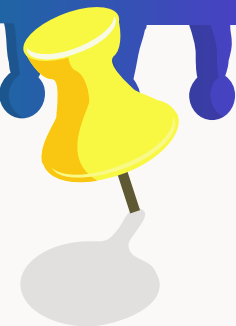
Mindfulness Challenge:

Think about the balance of vitality and depth. How can you maintain energy while engaging in reflective practices?



Reflective Question:

What are three reflective practices you can incorporate to balance your energy?



DAY 14: RAINBOW GARDEN DAY

Rainbow Salad:

Ensure a diverse intake of nutrients with a rainbow salad, promoting your overall wellness.

Here are some meal ideas for you:



Breakfast:

Fruit Salad with Strawberries, Mango, Kiwi, and Blueberries



Lunch:

Rainbow Veggie Salad (Tomatoes, Carrots, Corn, Spinach, Purple Cabbage)



Snack:

Mixed Fruit Skewers



Dinner:

Veggie Stir Fry with Red, Yellow, Green, and Purple Vegetables



Mindfulness Challenge:

Reflect on the diversity of colours and flavours. How can you embrace diversity and variety in your experiences?



Reflective Question:

What are three new experiences or perspectives you can embrace to add more variety to your life?



DAY 15: FULL SPECTRUM FINALE

Rainbow Finale:

Optimize your nutrient intake with a wide range of vitamins, minerals, and antioxidants, supporting your overall health and vitality.

Here are some meal ideas for you:



Breakfast:

Smoothie Bowl with Mixed Berries, Banana, Spinach, and Mango



Lunch:

Rainbow Grain Bowl (Quinoa, Roasted Veggies, Avocado)



Snack:

Rainbow Veggie Platter with Hummus



Dinner:

Stuffed Bell Peppers with Mixed Veggies and Lentils




Mindfulness Challenge:

Consider the full spectrum of colours and their benefits. How can you continue to integrate balance and variety into your life beyond this challenge?



Reflective Question:

What are three ways you can maintain the habits and lessons learned from this challenge to continue living a balanced and vibrant life?

A decorative top border featuring a row of colorful blocks in shades of orange, yellow, and green, with a dark red background. Below the blocks, a row of pushpins in various colors (green, orange, yellow, green, yellow) is pinned to a white surface. Two larger pushpins, one green on the left and one yellow on the right, are pinned to the white surface.

By incorporating these detailed health benefits and mindfulness challenges, you can deepen your connection to the foods you eat and the benefits they provide, creating a more holistic and mindful eating experience.

Enjoy your 15-day Eat the Rainbow challenge!



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