



The  
BeachHouse  
Goa

# Eat The Rainbow

A CULINARY JOURNEY  
THROUGH COLOURFUL RECIPES

A vibrant red background featuring various fresh produce. In the upper right, a large, glossy red bell pepper is prominent. To its left, two small radishes with green stems are visible. In the lower half, several dark red plums are scattered, and a slice of grapefruit is partially visible on the left side. The overall composition is rich and colorful, emphasizing the theme of 'Radiant Red'.

**DAY 1**  
**Radiant Red**  
**Day**

## BREAKFAST:

# Strawberry Smoothie with Almond Milk

## Ingredients

---

- 1 cup fresh strawberries
- 1 banana
- 1 cup almond milk
- 1 tablespoon chia seeds
- 1 teaspoon honey (optional)



## Instructions

---

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

## LUNCH:

# Tomato & Red Bell Pepper Soup

## Ingredients

---

- 4 large tomatoes, chopped
- 2 red bell peppers, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cups vegetable broth
- 1 tablespoon olive oil
- Salt and pepper to taste

## Instructions

---

1. Heat olive oil in a large pot over medium heat.
2. Add onions and garlic, sauté until translucent.
3. Add tomatoes and red bell peppers, cook for 5 minutes.
4. Pour in vegetable broth and bring to a boil.
5. Reduce heat and simmer for 20 minutes.
6. Blend the soup until smooth.
7. Season with salt and pepper, and serve hot.



**SNACK:**

## Red Apple Slices with Peanut Butter

### Ingredients

---

- 1 red apple, sliced
- 2 tablespoons peanut butter

### Instructions

---

1. Core and slice the apple.
2. Serve with peanut butter for dipping.



## DINNER:

# Beetroot & Quinoa Salad

## Ingredients

---

- 1 cup cooked quinoa
- 1 beetroot, roasted and diced
- 1/4 cup feta cheese, crumbled
- 1/4 cup walnuts, chopped
- 2 cups mixed greens
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

## Instructions

---

1. In a large bowl, combine quinoa, beetroot, feta cheese, walnuts, and mixed greens.
2. Drizzle with olive oil and balsamic vinegar.
3. Toss to combine and season with salt and pepper.



A vibrant collage of orange and yellow fruits including oranges, cherry tomatoes, and bell peppers on a bed of lentils. The background is a dense arrangement of these items, with a large orange on the left and a striped bell pepper at the bottom center. The text is centered over the image.

**DAY 2**  
**Orange**  
**Sunshine Day**

## BREAKFAST:

# Carrot & Orange Juice

## Ingredients

---

- 2 large carrots
- 2 oranges
- 1 tablespoon lemon juice
- 1 teaspoon ginger, grated



## Instructions

---

1. Juice the carrots and oranges.
2. Stir in lemon juice and grated ginger.
3. Serve immediately.



## LUNCH:

# Roasted Butternut Squash & Lentil Stew

## Ingredients

---

- 1 butternut squash, peeled & cubed
- 1 cup red lentils, rinsed
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1 tablespoon olive oil
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- Salt and pepper to taste



# Roasted Butternut Squash & Lentil Stew

## Instructions

---

1. Preheat the oven to 400°F (200°C).
2. Toss butternut squash cubes with olive oil, turmeric, and cumin.
3. Spread on a baking sheet and roast for 25–30 minutes.
4. In a large pot, sauté onions and garlic until translucent.
5. Add lentils and vegetable broth, bring to a boil.
6. Reduce heat and simmer for 20 minutes.
7. Stir in roasted butternut squash.
8. Season with salt and pepper, and serve hot.



## SNACK:

# Orange Slices

## Ingredients

---

- 1 orange, peeled and sliced



## Instructions

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1. Peel and slice the orange.
2. Enjoy as a refreshing snack.

**DINNER:**

# Sweet Potato & Carrot Soup

## Ingredients

---

- 2 sweet potatoes, peeled & diced
- 2 large carrots, peeled & diced
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- Salt & pepper to taste



# Sweet Potato & Carrot Soup

## Instructions

---

1. Heat olive oil in a large pot over medium heat.
2. Add onions and garlic, sauté until translucent.
3. Add sweet potatoes, carrots, & cumin, cook for 5 minutes.
4. Pour in vegetable broth & bring to a boil.
5. Reduce heat & simmer for 25 minutes. Blend the soup until smooth.
6. Season with salt and pepper, & serve hot.



A vibrant collage of yellow and orange fruits. In the foreground, there are several bright yellow lemons and oranges, some with green stems. A bunch of ripe yellow bananas is prominently featured in the upper right. At the bottom, there are several small, round yellow cherry tomatoes. The background is filled with more of these fruits, creating a rich, warm yellow and orange color palette.

DAY 3  
**Sunny Yellow  
Day**

## BREAKFAST:

# Mango & Banana Smoothie

## Ingredients

---

- 1 cup fresh mango chunks
- 1 banana
- 1 cup coconut water
- 1 tablespoon chia seeds



## Instructions

---

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

## LUNCH:

# Corn & Yellow Pepper Salad

## Ingredients

---

- 1 cup fresh corn kernels (or frozen, thawed)
- 1 yellow bell pepper, diced
- 1/4 red onion, finely chopped
- 1 avocado, diced
- 1/4 cup fresh cilantro, chopped
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- Salt and pepper to taste

## Instructions

---

1. In a large bowl, combine corn, yellow bell pepper, red onion, avocado, and cilantro.
2. Drizzle with lime juice and olive oil.
3. Toss to combine and season with salt and pepper.
4. Serve immediately or chilled.





## SNACK:

# Pineapple Chunks

## Ingredients

---

- 1 cup fresh pineapple chunks



## Instructions

---

1. Cut the pineapple into bite-sized chunks.
2. Enjoy as a refreshing snack.

**DINNER:**

## **Turmeric Spiced Cauliflower & Chickpea Curry**

### **Ingredients**

---

- 1 head cauliflower, cut into florets
- 1 can chickpeas, drained and rinsed
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can coconut milk
- 1 tablespoon olive oil
- 1 tablespoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon chili powder
- Salt and pepper to taste
- Fresh cilantro for garnish



# Turmeric Spiced Cauliflower & Chickpea Curry

## Instructions

---

1. Heat olive oil in a large pot over medium heat.
2. Add onions and garlic, sauté until translucent.
3. Add cauliflower florets and chickpeas, cook for 5 minutes.
4. Stir in turmeric, cumin, coriander, and chili powder, cook for another 2 minutes.
5. Pour in coconut milk, bring to a simmer.
6. Reduce heat and cook for 15–20 minutes until cauliflower is tender.
7. Season with salt and pepper.
8. Garnish with fresh cilantro and serve hot.



A vibrant collage of green vegetables. The top half features several avocados and limes, with jalapeños scattered throughout. The bottom half shows dark green leafy vegetables, possibly kale or collard greens, with some showing their characteristic ribbed texture. The overall color palette is various shades of green, from bright lime to deep forest green.

**DAY 4**  
**Verdant Green**  
**Day**

## BREAKFAST:

# Spinach & Avocado Smoothie

## Ingredients

---

- 1 cup fresh spinach
- 1/2 avocado
- 1 banana
- 1 cup almond milk
- 1 tablespoon flax seeds



## Instructions

---

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

## LUNCH:

# Mixed Greens Salad with Green Peas and Cucumbers

## Ingredients

---

- 4 cups mixed greens
- 1 cup green peas, cooked
- 1 cucumber, sliced
- 1/4 cup green onions, chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

## Instructions

---

1. In a large bowl, combine mixed greens, green peas, cucumber, and green onions.
2. Drizzle with olive oil and lemon juice.
3. Toss to combine and season with salt and pepper.
4. Serve immediately.



## SNACK:

# Green Apple Slices

## Ingredients

---

- 1 green apple, sliced

## Instructions

---

1. Core and slice the apple.
2. Enjoy as a refreshing snack.



## DINNER:

# Sautéed Kale & Spinach with Quinoa

## Ingredients

---

- 1 cup cooked quinoa
- 2 cups kale, chopped
- 2 cups spinach
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

## Instructions

---

1. Heat olive oil in a large pan over medium heat.
2. Add onions and garlic, sauté until translucent.
3. Add kale and cook until slightly wilted.
4. Add spinach and cook until wilted.
5. Stir in cooked quinoa and lemon juice.
6. Season with salt and pepper.
7. Serve immediately.







**DAY 5**

# **Mystical Blue & Purple Day**

## BREAKFAST:

# Blueberry Chia Pudding

## Ingredients

---

- 1 cup almond milk
- 1/4 cup chia seeds
- 1/2 cup fresh blueberries
- 1 tablespoon maple syrup (optional)



## Instructions

---

1. In a bowl, mix almond milk, chia seeds, and maple syrup.
2. Stir well and let sit for 5 minutes, then stir again.
3. Cover and refrigerate overnight.
4. Before serving, top with fresh blueberries.

## LUNCH:

# Purple Cabbage Slaw

## Ingredients

---

- 2 cups purple cabbage, shredded
- 1 carrot, grated
- 1 apple, julienned
- 1/4 cup raisins
- 2 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- 1 teaspoon honey
- Salt and pepper to taste

## Instructions

---

1. In a large bowl, combine purple cabbage, carrot, apple, and raisins.
2. In a small bowl, whisk together apple cider vinegar, olive oil, honey, salt, and pepper.
3. Pour dressing over the slaw and toss to combine.
4. Serve immediately or chilled.



**SNACK:**

## **Grapes**

### **Ingredients**

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- 1 cup fresh grapes

### **Instructions**

---

1. Wash the grapes and enjoy as a snack.



## DINNER:

# Eggplant & Lentil Stew

## Ingredients

---

- 1 large eggplant, diced
- 1 cup green lentils, rinsed
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can diced tomatoes
- 4 cups vegetable broth
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- Salt and pepper to taste



# Eggplant & Lentil Stew

## Instructions

---

1. Heat olive oil in a large pot over medium heat.
2. Add onions and garlic, sauté until translucent.
3. Add eggplant, cumin, and paprika, cook for 5 minutes.
4. Stir in lentils, diced tomatoes, and vegetable broth.
5. Bring to a boil, then reduce heat and simmer for 30–35 minutes until lentils are tender.
6. Season with salt and pepper.
7. Serve hot.





DAY 6

# Harmony of Red & Green

## BREAKFAST:

# Watermelon & Mint Smoothie

## Ingredients

---

- 2 cups watermelon, cubed
- 1/4 cup fresh mint leaves
- 1/2 cup coconut water
- 1 tablespoon lime juice

## Instructions

---

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.





## LUNCH:

# Mixed Greens with Cherry Tomatoes & Avocado

## Ingredients

---

- 4 cups mixed greens
- 1 cup cherry tomatoes, halved
- 1 avocado, diced
- 1/4 cup red onion, chopped
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- Salt and pepper to taste

## Instructions

---

1. In a large bowl, combine mixed greens, cherry tomatoes, avocado, and red onion.
2. Drizzle with balsamic vinegar and olive oil.
3. Toss to combine and season with salt and pepper.
4. Serve immediately.



## SNACK:

# Red & Green Bell Pepper Strips with Hummus

## Ingredients

---

- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1/2 cup hummus



## Instructions

---

1. Slice the bell peppers into strips.
2. Serve with hummus for dipping.

## DINNER:

# Red Quinoa & Green Bean Stir Fry

## Ingredients

---

- 1 cup red quinoa, cooked
- 2 cups green beans, trimmed and halved
- 1 red bell pepper, sliced
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 tablespoon soy sauce
- 1 tablespoon olive oil
- Salt and pepper to taste

## Instructions

---

1. Heat olive oil in a large pan over medium heat.
2. Add onions and garlic, sauté until translucent.
3. Add green beans and red bell pepper, cook for 5–7 minutes.
4. Stir in cooked quinoa and soy sauce.
5. Season with salt and pepper.
6. Serve immediately.





DAY 7

# Citrus Sunshine Day

## BREAKFAST:

# Mango & Carrot Smoothie

## Ingredients

---

- 1 cup fresh mango chunks
- 1 carrot, peeled and chopped
- 1 cup orange juice
- 1 tablespoon chia seeds



## Instructions

---

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

## LUNCH:

# Sweet Corn & Yellow Tomato Salad

## Ingredients

---

- 1 cup fresh corn kernels (or frozen, thawed)
- 2 yellow tomatoes, chopped
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh basil, chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

## Instructions

---

1. In a large bowl, combine corn, yellow tomatoes, red onion, and basil.
2. Drizzle with olive oil and lemon juice.
3. Toss to combine and season with salt and pepper.
4. Serve immediately or chilled.



**SNACK:**

## Apricots

### Ingredients

---

- 1 cup fresh apricots, halved and pitted



### Instructions

---

1. Wash and halve the apricots.
2. Enjoy as a snack.

**DINNER:**

## **Pumpkin & Yellow Lentil Soup**

### **Ingredients**

---

- 2 cups pumpkin, peeled & cubed
- 1 cup yellow lentils, rinsed
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1 tablespoon olive oil
- 1 teaspoon ground turmeric
- Salt and pepper to taste





# Pumpkin & Yellow Lentil Soup

## Instructions

---

1. Heat olive oil in a large pot over medium heat.
2. Add onions and garlic, sauté until translucent.
3. Add pumpkin and turmeric, cook for 5 minutes.
4. Stir in yellow lentils and vegetable broth.
5. Bring to a boil, then reduce heat and simmer for 25–30 minutes until lentils and pumpkin are tender.
6. Blend the soup until smooth.
7. Season with salt and pepper, and serve hot.





DAY 8

# Garden Greens & Royal Purples

## BREAKFAST:

# Kiwi & Spinach Smoothie

## Ingredients

---

- 2 kiwis, peeled
- 1 cup fresh spinach
- 1 banana
- 1 cup almond milk
- 1 tablespoon flax seeds

## Instructions

---

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.



## LUNCH:

# Purple Kale & Green Apple Salad

## Ingredients

---

- 2 cups purple kale, chopped
- 1 green apple, thinly sliced
- 1/4 cup walnuts, chopped
- 2 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- 1 teaspoon honey
- Salt and pepper to taste



## Instructions

---

1. In a large bowl, combine purple kale, green apple, and walnuts.
2. In a small bowl, whisk together apple cider vinegar, olive oil, honey, salt, and pepper.
3. Pour dressing over the salad and toss to combine.
4. Serve immediately.

**SNACK:**

# Edamame

## Ingredients

---

- 1 cup edamame, cooked and shelled
- Salt to taste



## Instructions

---

1. Cook and shell the edamame according to package instructions.
2. Sprinkle with salt and enjoy as a snack.

**DINNER:**

# Stir-Fried Broccoli & Eggplant

## Ingredients

---

- 2 cups broccoli florets
- 1 eggplant, diced
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 tablespoon soy sauce
- 1 tablespoon olive oil
- Salt and pepper to taste

## Instructions

---

1. Heat olive oil in a large pan over medium heat.
2. Add onions and garlic, sauté until translucent.
3. Add broccoli and eggplant, cook for 5-7 minutes.
4. Stir in soy sauce and cook for another 2-3 minutes.
5. Season with salt and pepper.
6. Serve immediately.





**DAY 9**  
**Passion &  
Tranquility Day**

## BREAKFAST:

# Mixed Berry Smoothie (Strawberries, Blueberries)

## Ingredients

---

- 1/2 cup fresh strawberries
- 1/2 cup fresh blueberries
- 1 banana
- 1 cup almond milk
- 1 tablespoon chia seeds



## Instructions

---

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.



## LUNCH:

# Red Cabbage & Blueberry Salad

## Ingredients

---

- 2 cups red cabbage, shredded
- 1/2 cup fresh blueberries
- 1/4 cup walnuts, chopped
- 2 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- 1 teaspoon honey
- Salt and pepper to taste

## Instructions

---

1. In a large bowl, combine red cabbage, blueberries, and walnuts.
2. In a small bowl, whisk together apple cider vinegar, olive oil, honey, salt, and pepper. Pour dressing over the salad and toss to combine.
3. Serve immediately.



**SNACK:**

## Plum

### Ingredients

---

- 1 fresh plum, sliced

### Instructions

---

1. Wash and slice the plum.
2. Enjoy as a snack.



## DINNER:

# Beet & Blueberry Quinoa Bowl

## Ingredients

---

- 1 cup cooked quinoa
- 1 beetroot, roasted and diced
- 1/2 cup fresh blueberries
- 1/4 cup feta cheese, crumbled
- 1/4 cup walnuts, chopped
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

## Instructions

---

1. In a large bowl, combine quinoa, beetroot, blueberries, feta cheese, and walnuts.
2. Drizzle with olive oil and balsamic vinegar.
3. Toss to combine and season with salt and pepper.
4. Serve immediately.





**DAY 10**  
**Bright Balance**  
**Day**

## BREAKFAST:

# Pineapple & Spinach Smoothie

## Ingredients

---

- 1 cup fresh pineapple chunks
- 1 cup fresh spinach
- 1 banana
- 1 cup coconut water
- 1 tablespoon chia seeds



## Instructions

---

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

## LUNCH:

# Zucchini & Yellow Squash Noodles

## Ingredients

---

- 2 zucchinis, spiralized into noodles
- 2 yellow squash, spiralized into noodles
- 1/4 cup cherry tomatoes, halved
- 1/4 cup fresh basil, chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

## Instructions

---

1. In a large bowl, combine zucchini noodles, yellow squash noodles, cherry tomatoes, and basil.
2. Drizzle with olive oil and lemon juice.
3. Toss to combine and season with salt and pepper.
4. Serve immediately.



**SNACK:**

## Golden Kiwi

### Ingredients

---

- 1 golden kiwi, peeled and sliced



### Instructions

---

1. Peel and slice the golden kiwi.
2. Enjoy as a snack.

**DINNER:**

## Lemon & Herb Grilled Asparagus

### Ingredients

---

- 1 bunch asparagus, trimmed
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried herbs (such as thyme or rosemary)
- Salt and pepper to taste



### Instructions

---

1. Preheat the grill to medium-high heat.
2. Toss asparagus with olive oil, lemon juice, dried herbs, salt, and pepper.
3. Grill asparagus for 5-7 minutes, turning occasionally, until tender and slightly charred.
4. Serve immediately.



A still life composition of various fruits on a purple background. The scene includes two whole eggplants with green stems, several blueberries, and two slices of peach showing their orange flesh and brown pits. The text is centered over the composition.

DAY 11  
**Vibrant Depth**  
Day

# Blueberry and Carrot Smoothie

## Ingredients

---

- 1 cup fresh blueberries
- 1 carrot, peeled and chopped
- 1 banana
- 1 cup orange juice
- 1 tablespoon chia seeds



## Instructions

---

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

**LUNCH:**

## Roasted Purple Carrots & Sweet Potatoes

### Ingredients

---

- 2 purple carrots, peeled and cut into sticks
- 2 sweet potatoes, peeled and cut into sticks
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- Salt and pepper to taste



### Instructions

---

1. Preheat the oven to 400°F (200°C).
2. Toss purple carrots and sweet potatoes with olive oil, cumin, salt, and pepper.
3. Spread on a baking sheet and roast for 25–30 minutes until tender.
4. Serve hot.

**SNACK:**

## Mandarin Oranges

### Ingredients

---

- 2 mandarin oranges, peeled and separated into segments



### Instructions

---

1. Peel and separate the mandarin oranges.
2. Enjoy as a snack.

## DINNER:

# Roasted Purple Potatoes & Orange Bell Peppers

## Ingredients

---

- 2 purple potatoes, cubed
- 2 orange bell peppers, sliced
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon paprika
- Salt and pepper to taste



## Instructions

---

1. Preheat the oven to 400°F (200°C).
2. Toss purple potatoes, orange bell peppers, onion, and garlic with olive oil, paprika, salt, and pepper.
3. Spread on a baking sheet and roast for 25–30 minutes until tender.
4. Serve hot.



DAY 12

# Harmony Day

## BREAKFAST:

# Strawberry & Spinach Smoothie with Pineapple

## Ingredients

---

- 1 cup fresh strawberries
- 1 cup fresh spinach
- 1/2 cup fresh pineapple chunks
- 1 banana
- 1 cup almond milk



## Instructions

---

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

## LUNCH:

# Mixed Greens with Red & Yellow Bell Peppers

## Ingredients

---

- 4 cups mixed greens
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1/4 cup red onion, chopped
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- Salt and pepper to taste



## Instructions

---

1. In a large bowl, combine mixed greens, red bell pepper, yellow bell pepper, and red onion.
2. Drizzle with balsamic vinegar and olive oil.
3. Toss to combine and season with salt and pepper.
4. Serve immediately.



**SNACK:**

## Mixed Berries

### Ingredients

---

- 1 cup mixed berries (such as strawberries, blueberries, and raspberries)



### Instructions

---

1. Wash and prepare the berries.
2. Enjoy as a refreshing snack.

## DINNER:

# Grilled Veggie Skewers

(Tomatoes, Zucchini, Yellow Squash)

## Ingredients

---

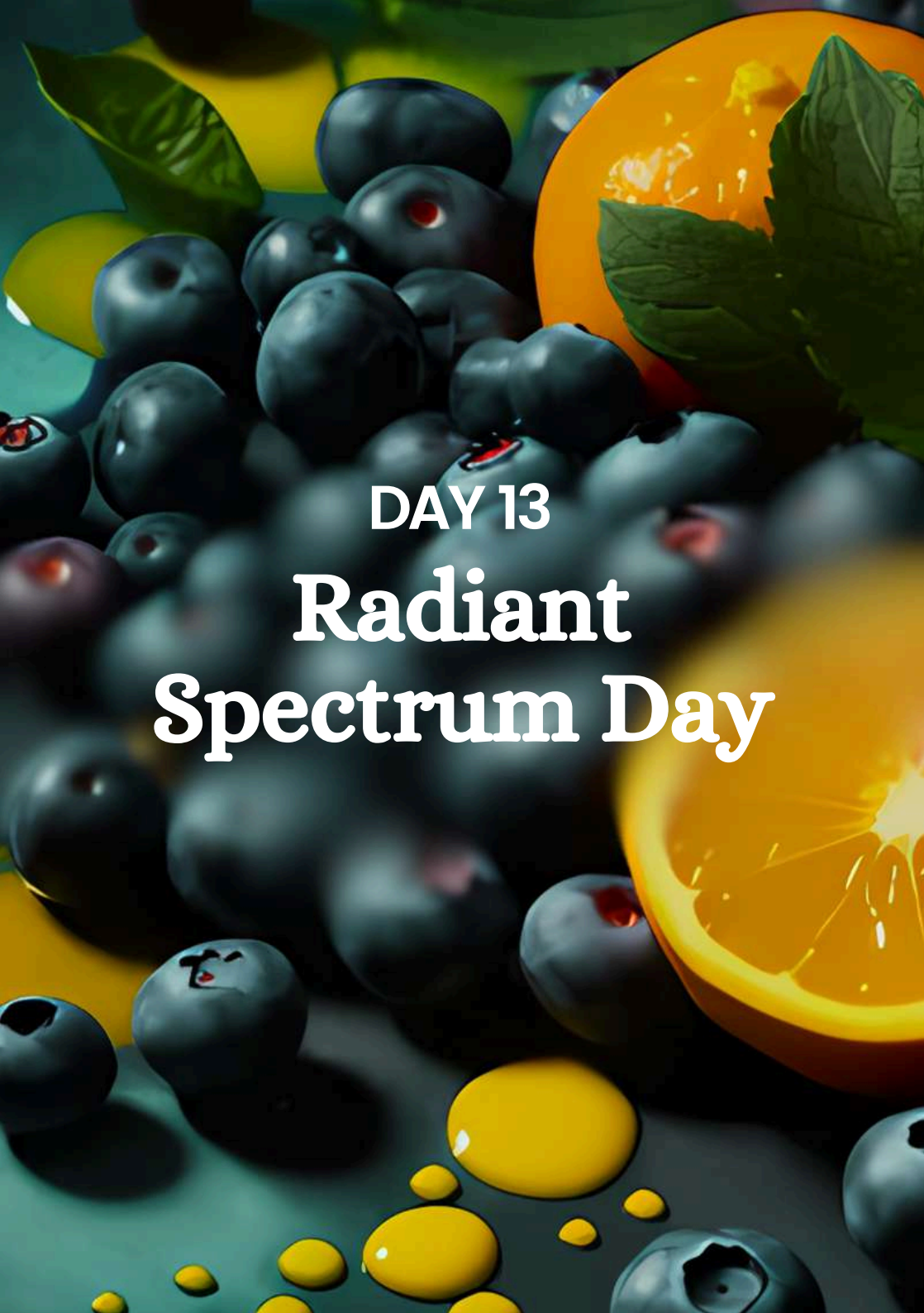
- 1 pint cherry tomatoes
- 2 zucchinis, sliced into rounds
- 2 yellow squash, sliced into rounds
- 1 red onion, cut into chunks
- 2 tablespoons olive oil
- 1 teaspoon dried Italian herbs
- Salt and pepper to taste



## Instructions

---

1. Preheat the grill to medium-high heat.
2. In a large bowl, toss cherry tomatoes, zucchini, yellow squash, & red onion with olive oil, Italian herbs, salt, and pepper.
3. Thread the vegetables onto skewers.
4. Grill the skewers for 10-12 minutes, turning occasionally, until the vegetables are tender & slightly charred.
5. Serve hot.



DAY 13

# Radiant Spectrum Day

## BREAKFAST:

# Orange & Blueberry Smoothie

## Ingredients

---

- 1 orange, peeled and segmented
- 1/2 cup fresh blueberries
- 1 banana
- 1 cup almond milk
- 1 tablespoon chia seeds



## Instructions

---

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

## LUNCH:

# Roasted Purple Carrots & Sweet Potatoes

## Ingredients

---

- 2 purple carrots, peeled and cut into sticks
- 2 sweet potatoes, peeled and cut into sticks
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- Salt and pepper to taste



## Instructions

---

1. Preheat the oven to 400°F (200°C).
2. Toss purple carrots and sweet potatoes with olive oil, cumin, salt, and pepper.
3. Spread on a baking sheet and roast for 25–30 minutes until tender.
4. Serve hot.

**SNACK:**

# Blackberries

## Ingredients

---

- 1 cup fresh blackberries



## Instructions

---

1. Wash the blackberries.
2. Enjoy as a snack.

## DINNER:

# Eggplant & Orange Bell Pepper Stir Fry

## Ingredients

---

- 1 eggplant, diced
- 2 orange bell peppers, sliced
- 1 onion, sliced
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- 1 teaspoon sesame oil
- Salt and pepper to taste

## Instructions

---

1. Heat olive oil in a large pan over medium heat.
2. Add onions & garlic, sauté until translucent.
3. Add eggplant & orange bell peppers, cook for 5-7 minutes.
4. Stir in soy sauce & sesame oil, cook for another 2-3 minutes.
5. Season with salt and pepper.
6. Serve immediately.





DAY 14

# Rainbow Garden Day



## BREAKFAST:

# Fruit Salad with Strawberries, Mango, Kiwi, & Blueberries

## Ingredients

---

- 1 cup fresh strawberries, halved
- 1 mango, peeled and cubed
- 2 kiwis, peeled and sliced
- 1/2 cup fresh blueberries
- 1 tablespoon fresh mint, chopped
- 1 tablespoon lime juice



## Instructions

---

1. In a large bowl, combine strawberries, mango, kiwi, and blueberries.
2. Drizzle with lime juice and sprinkle with fresh mint.
3. Toss gently to combine.
4. Serve immediately.

## LUNCH:

# Rainbow Veggie Salad

(Tomatoes, Carrots, Corn, Spinach, Purple Cabbage)

## Ingredients

---

- 1 cup cherry tomatoes, halved
- 1 large carrot, grated
- 1 cup fresh corn kernels (or frozen, thawed)
- 2 cups fresh spinach
- 1 cup purple cabbage, shredded
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- Salt and pepper to taste



## Instructions

---

1. In a large bowl, combine cherry tomatoes, grated carrot, corn, spinach, & purple cabbage.
2. Drizzle with olive oil & apple cider vinegar.
3. Toss to combine and season with salt & pepper.
4. Serve immediately.

## SNACK:

# Mixed Fruit Skewers

## Ingredients

---

- 1 cup fresh strawberries
- 1 cup fresh pineapple chunks
- 1 cup fresh blueberries
- 1 cup green grapes



## Instructions

---

1. Thread the fruits onto skewers, alternating colors.
2. Serve immediately.

## DINNER:

# Veggie Stir Fry with Red, Yellow, Green, & Purple Vegetables

## Ingredients

---

- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 green bell pepper, sliced
- 1 cup purple cabbage, shredded
- 1 onion, sliced
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- 1 teaspoon sesame oil
- Salt and pepper to taste



# Veggie Stir Fry with Red, Yellow, Green, & Purple Vegetables

## Instructions

---

1. Heat olive oil in a large pan over medium heat.
2. Add onions and garlic, sauté until translucent.
3. Add red, yellow, and green bell peppers, and purple cabbage, cook for 5-7 minutes.
4. Stir in soy sauce and sesame oil, cook for another 2-3 minutes.
5. Season with salt and pepper.
6. Serve immediately.





DAY 15

# Full Spectrum Finale

## BREAKFAST:

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

## Ingredients

---

- 1/2 cup mixed berries (such as strawberries, blueberries, and raspberries)
- 1 banana
- 1/2 cup fresh spinach
- 1/2 cup fresh mango chunks
- 1 cup almond milk
- 1 tablespoon chia seeds
- 1/4 cup granola for topping

## Instructions

---

1. Combine mixed berries, banana, spinach, mango, almond milk, and chia seeds in a blender.
2. Blend until smooth.
3. Pour into a bowl and top with granola.
4. Serve immediately.



## LUNCH:

# Rainbow Grain Bowl

(Quinoa, Roasted Veggies, Avocado)

## Ingredients

---

- 1 cup cooked quinoa
- 1 cup roasted mixed vegetables (such as bell peppers, carrots, zucchini)
- 1/2 avocado, sliced
- 1/4 cup chickpeas, roasted
- 2 tablespoons tahini
- 1 tablespoon lemon juice
- Salt and pepper to taste

## Instructions

---

1. In a bowl, layer the cooked quinoa, roasted vegetables, avocado slices, and roasted chickpeas.
2. Drizzle with tahini and lemon juice.
3. Season with salt and pepper.
4. Serve immediately.





## SNACK:

# Rainbow Veggie Platter with Hummus

## Ingredients

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- 1 cup cherry tomatoes
- 1 cup carrot sticks
- 1 cup cucumber slices
- 1 cup bell pepper strips (various colours)
- 1/2 cup hummus



## Instructions

---

1. Arrange the cherry tomatoes, carrot sticks, cucumber slices, and bell pepper strips on a platter.
2. Serve with hummus for dipping.

## DINNER:

# Stuffed Bell Peppers with Mixed Veggies & Lentils

## Ingredients

---

- 4 bell peppers (various colors), tops cut off and seeds removed
- 1 cup cooked lentils
- 1/2 cup cooked quinoa
- 1 cup diced tomatoes
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- Salt and pepper to taste
- Fresh parsley for garnish



# Stuffed Bell Peppers with Mixed Veggies & Lentils

## Instructions

---

1. Preheat the oven to 375°F (190°C).
2. In a large pan, heat olive oil over medium heat.
3. Add onions and garlic, sauté until translucent.
4. Add diced tomatoes, cooked lentils, quinoa, and cumin. Cook for 5 minutes.
5. Season with salt and pepper.
6. Stuff the bell peppers with the veggie and lentil mixture.
7. Place stuffed peppers in a baking dish and cover with foil.
8. Bake for 30 minutes, then remove foil and bake for an additional 10 minutes.
9. Garnish with fresh parsley and serve hot.



# Enjoy your colourful & nutritious meals throughout the 15-day Eat the Rainbow challenge!



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



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