

FUEL FOR IMPACT: RESTORATIVE NUTRITION BY COLOR



RED FOODS
SUPPORT THE
HEART AND
CIRCULATORY
SYSTEM

- + Beets
- + Cherries
- + Cranberries
- + Strawberries
- + Red onions
- + Tomatoes or tomato sauce
- + Raspberries
- + Pomegranates



ORANGE FOODS
SUPPORT SKIN
AND MUCOSAL
TISSUES

- + Apricots
- + Canteloupes
- + Nectarines
- + Papayas
- + Carrots
- + Butternut squash
- + Pumpkin
- + Peaches



YELLOW
FOODS
OPTIMIZE BRAIN
FUNCTION

- + Star fruit
- + Yellow figs
- + Golden kiwis
- + Yellow pears
- + Yellow peppers
- + Yellow tomatoes
- + Squash
- + Sweet corn



GREEN FOODS
REJUVENATE
MUSCULATURE
AND BONE

- + Green peppers
- + Limes
- + Herbs
- + Avocados
- + Broccoli
- + Green cabbage
- + Green leafy vegetables
- + Kiwis



PURPLE
FOODS PROMOTE
MICRO-
CIRCULATION

- + Blackberries
- + Blueberries
- + Purple cabbage
- + Eggplant
- + Grapes
- + Kalamata olives
- + Plums



WHITE FOODS
ENHANCE THE
IMMUNE SYSTEM,
LYMPH SYSTEM,
AND CELLULAR
RECOVERY

- + Bananas
- + Garlic
- + Ginger
- + Apples
- + Radishes
- + Horseradish
- + Jicama
- + Mushrooms
- + Onions