

LIVING YOUNG!

Slenderness, Vitality, and Longevity...



RAINBOW SELECTIONS

FRESH, WHOLE & NUTRITIOUS

GARDEN FRESH GOODNESSES!

Center eating around a rainbow of *vegetable choices*, and center *rainbow-colored choices* around *solid and leafy-green vegetables...*

RAINBOW SELECTIONS - VOLUME 3

For several decades the USDA has recommended certain dietary intakes based upon 28 nutrients that are known to be required by metabolism. During the past decade, more than 10,000 new nutrients have been discovered in living fruits and vegetables. Science has barely begun to understand the purposes of just of few of these nutrients, yet believe they are important to the maintenance, repair, rebuilding, and cleansing processes of metabolism that occur at the cellular level



When you eat a beautiful array of fresh raw fruits and vegetables you enjoy a

variety of micro-nutrients. Each of the various colors are formed because of specific densities of nutrients that exist within those foods. Although we are barely beginning to understand their many important purposes, let's take a moment to discuss some of the nutrients associated with each color of fruit and vegetable and how specific nutrients are known to help strengthen metabolism. First, we will identify foods associated with each color; then the nutrients, and then we will look at their known benefits. ([see more...](#))



DANIEL'S CHALLENGE APPROVED!

Menu Ideas!



Omelet+

2 or 3 organic eggs
1/3 cup blended tomatoes
rainbow of veggie choices: mushrooms, onions, sweet peppers, zucchini, etc
4 oz spinach, chopped
([see veggie omelet Instructions here](#))

Veggie Delight

1 cup cooked brown Basmati rice
1 cup black or kidney beans, rinsed
8 oz Romaine lettuce
1 apple, chopped
rainbow veggies of choice: radishes, scallions, cauliflower, cabbage, celery, sweet peppers, tomato, etc

Instructions: Lay down a large bed of lettuce and top with rice, beans, apple, rainbow veggies, and with favorite healthful dressing of choice ([see videos](#)).

Rainbow Potatoes

4 large potatoes, steamed and mashed
1-2 Tbsp fresh garlic, minced
1 zucchini, grated
1 yellow summer squash, grated
2 cups carrots, grated
1 large beet, peeled and grated
1 cup corn (fresh or frozen)
1 cup green peas (fresh or frozen)
8 oz mushrooms
1 to 2 cups almond milk ([see video](#))
1 to 2 Tsp chicken bouillon, to taste

Instructions: Blend mushrooms, bouillon, and 1 cup milk; then combine with potatoes. Gently fold raw veggies into potatoes, adding milk to achieve desired consistency. Enjoy!