

A BETTER MENU

.....
RAINBOW

What can following a better Rainbow menu do for you? Lead you to your pot of gold – the better health results you crave - of course! That's right, our body wants and needs a variety of colors, from real food, daily. Different colors indicate the different super powers found in plants. So assess your own daily intake. How often do you eat a Rainbow? Then try The Better Rainbow Menu for a week to see how you can make better not perfect colorful choices more often.



better not perfect.
more often.

MONDAY

Better Rain-Bowl

1 frozen acai pack

¼ frozen banana

¼ cup frozen blueberries

½ cup unsweetened almond milk

Toppings:

¼ cup chopped strawberries

3 Tbsp Manitoba Harvest Hemp Hearts

¼ cup almonds

Bettie Persimmon Sweet Bites

½ persimmon fruit

2 Tbsp hazelnut butter

1 Tbsp cacao nibs

Salmon Cauliflower Arugula Salad

½ cup arugula

½ cup lettuce

½ cup chopped cauliflower

3 oz smoked wild salmon

½ cup cherry tomatoes

½ cup chopped sweet potato

Lime-Miso Dressing:

1 tsp olive oil + 1 tsp miso paste + 1 tbsp. lime

Better Refreshment Pit Stop

½ grapefruit

1 hard-boiled egg

5 brazil nuts

Better Chicken Tabbouleh

½ cup cooked whole grain (black rice, millet)

¼ cup chopped tomatoes

¼ cup orange bell pepper

¼ cup cucumber

2 Tbsp raisins

¼ cup chopped onion

2.5 oz diced chicken

Mint leaves

Coriander leaves

Dressing: Lemon & olive oil

TUESDAY

Better Veggie Scrambled Eggs

2 eggs

¼ cup sautéed red bell pepper

¼ cup sautéed purple onion

¼ cup sautéed mushroom

5 spinach leaves

1 slice whole grain toast

1 Tbsp mustard

Assemble Your Own Better Yogurt

½ cup raspberries

¾ cup 2% plain yogurt

1 Tbsp. pumpkin seeds

Better Rainbow Nicoise

¼ cup feta cheese

½ cup cherry tomatoes

½ cup cucumber

½ cup beets, chopped

3 oz tuna

1 Tbsp olive oil

Better Open-Faced Pomegranate Bites

4-6 whole grain crackers

2 Tbsp almond butter

Sprinkle of pomegranate seeds on top

Better Legume Buddha Bowl

¼ cup kidney beans, cooked

¼ cup green lentils, cooked

1 cup broccoli florets, cooked

½ cup cultured cabbage (kraut)

¼ cup chopped tomatoes

1 Tbsp hot sauce

¼ cup orange bell pepper

½ avocado mashed

1 Tbsp sesame seeds

1 Tbsp lime juice

WEDNESDAY

Better Rainbow Be Delicious Parfait

$\frac{3}{4}$ cup 2% plain Greek yogurt

$\frac{1}{4}$ cup frozen blueberries

$\frac{1}{4}$ cup raspberries

3 mint leaves, chopped

$\frac{1}{4}$ cup Nature's Path Qi'a

Better Turkey Burger Rain-Bowl

1 turkey burger patty

$\frac{1}{2}$ avocado

$\frac{1}{4}$ cup purple onion

$\frac{1}{2}$ cup mushrooms

1 thick tomato slice

1 Tbsp mustard

Better Rainbow Dipped Bites

$\frac{1}{2}$ cup strawberries

$\frac{1}{4}$ cup dark chocolate, melted

$\frac{1}{2}$ banana

Better Shrimp-Broccoli Soup

3 oz shrimp

$\frac{1}{2}$ cup broccoli

$\frac{1}{4}$ cup purple onion

$\frac{1}{2}$ cup vegetable broth

1 Tbsp coconut oil

1 slice rye bread

THURSDAY

Better Rainbow n Nut Butter Smoothie

1 cup raw kale

½ frozen banana

¼ cup frozen blueberries

2 Tbsp nut butter

1 cup unsweetened almond milk

Better Be Fast & Grape Bites

1 hard-boiled egg

1 pinch paprika

10 grapes

¼ cup red cherry tomatoes

Better Be A Wild Rainbow

3 oz Vital Choice oven-baked wild salmon

1 cup broccolini

½ cup red wild rice, cooked

2 roasted Roma tomatoes

1 Tbsp olive oil

3 pieces shredded orange peel, chopped

Better Be Sweet n Tart

1 chopped green apple

3 Tbsp Manitoba Harvest Hemp Hearts

1 tsp raw honey

Better Color Me Purple Chicken Soup

3 oz chicken, shredded

¼ cup chopped purple onion

½ cup purple rice, cooked

1 cup vegetable broth

Pinch sea salt & spices

FRIDAY

Better Avo-Smoked Salmon Toast

- ¼ avocado
- 1 slice whole wheat bread
- 1 slice smoked wild salmon
- 4 arugula leaves
- Lemon slice

Better Crunch A Sweet Craving

- 3 dried apricots
- 10 pecan halves
- 5 jicama sticks
- 10 cucumber slices

Better Wild Cod & Mashed Potatoes

- 3 oz wild cod
- ½ cup mashed potatoes
- ½ cup sautéed green beans with garlic
- ½ cup sautéed red cabbage with garlic
- Olive oil
- Pinch chili flakes

Better Sticks n Dip Celery

- 1 medium carrot, sliced into sticks
- 10 celery sticks
- ¼ cup hummus

Better Upgrade To Rainbow Pizza

- 2 slices of pizza with the following toppings:
 - Tomatoes
 - Mushrooms
 - Orange or green pepper
 - Green olives
 - Onions
-

SATURDAY

Overnight Oats

- 1 packet Natures Path Qi'a Oatmeal
- ¼ cup pomegranate seeds
- ¼ cup blueberries
- 1 Tbsp cacao nibs
- 1 cup non-dairy unsweetened milk

Better Half Ham n Cheese

- 1 slice ham
- 1 slice cheese of choice
- 1 slice tomato
- 1 large purple onion ring
- 3 spinach leaves
- 1 slice bread
- 1 ½ cup salad greens
- ½ cup salsa

Better Cran On The Go

- ¼ cup dried cranberries
- 5 walnut halves
- 5 cashew nuts
- 3 Tbsp Manitoba Harvest Hemp Hearts

Better Spaghetti Rain-Bowl

- 1 cup spaghetti squash, shredded
 - 2 Tbsp pesto
 - ½ cup cherry tomatoes
 - 3 buffalo meatballs
 - Basil leaves
-

SUNDAY

Better Open Your PB & J

- 1 slice multigrain bread
- 1 tbsp peanut butter
- ¼ cup raspberries
- 1 Tbsp chia seeds

Better Colorful Fish Tacos

- 1 corn tortilla
- 1 lettuce "tortilla"
- 3 oz cod (or any white fish), baked
- ½ avocado
- ½ cup arugula
- ¼ cup red bell pepper
- ¼ cup chopped onion
- ½ lime
- 1 tbsp spicy mayo (optional)

Better Beet Smoothie

- ¼ cup chopped beets
- ½ cup frozen cauliflower
- 2 Tbsp almond butter
- 1 Tbsp ginger
- 1 cup plain coconut or almond yogurt

Better Tuna Poke Bowl

- ½ cup brown rice
 - 3oz seared tuna
 - ¼ cup cucumber
 - ¼ cup shredded purple cabbage
 - ¼ cup edamame
 - 1 Tbsp sesame seeds
-

A BETTER MENU

.....

RAINBOW

Looking for recipes?

Make sure to check out the recipe section at
www.AshleyKoffApproved.com

Looking for portions or want to exchange an ingredient due to preferences, intolerances, or allergies, review The Better Nutrition Plan at www.AshleyKoffApproved.com

better not perfect.
more often.

.....

www.AshleyKoffRD.com

 @ashleykoff    AshleyKoffApproved

© 2017 Ashley Koff RD LLC