



# Superhero Effect™ Follow Your B.L.I.S.S. Shopping List

## Taste a RAINBOW of Phytonutrients Every Day!

**Instructions:** For optimal health, include vegetables and fruits from each quadrant in every meal. Seasonal, organic, and locally sourced is best! Support your local farmers market. **Shopping Date:** \_\_\_\_\_

### 1. RED



tomato  
watermelon  
guava  
pink grapefruit

LYCOPENES

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red bell pepper  
chili pepper  
pimiento  
paprika

CAPSANTHIN

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strawberry  
plum  
pomegranate  
cherry  
red onion

ANTHOCYANIN

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### 4. GREEN & INDIGO



artichoke  
asparagus  
cucumber  
leafy greens  
avocado

CHLOROPHYLL

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grapes  
blueberries  
celery  
parsley  
thyme

FLAVONOIDS

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cabbage  
broccoli  
kale  
Brussels sprouts

INDOLES

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### 2. ORANGE



carrot  
mango  
sweet potato  
apricot

CAROTENES

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orange  
tangerine  
mandarin  
all citrus

HESPERIDIN

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pumpkin  
persimmon  
papaya  
peaches

CRYPTOXANTHIN

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### 3. YELLOW



turmeric root  
turmeric powder  
curry powder

CURCUMIN

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corn  
yellow squash  
yellow carrot

XANTHOPHYLLS

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#### More B.L.I.S.S. Shopping List Micronutrients

- omega-3
- fiber
- garlic
- vitamins
- minerals
- isoflavones
- phytosterols
- choline
- lignans
- resveratrol
- spirulina
- chlorella