



4 Pillars of Health *Follow Your Bliss* Shopping List

Taste a **RAINBOW** of Phytonutrients Every Day!

Instructions: For optimal health, include vegetables and fruits from each Pillar every day. Seasonal, organic, and locally sourced is best! Support your local farmers market. **Shopping Date:** _____

1. RED



tomato
watermelon
guava
pink grapefruit

LYCOPENES



red bell pepper
chili pepper
pimiento
paprika

CAPSANTHIN



strawberry
plum
pomegranate
cherry
red onion

ANTHOCYANIN

Phytonutrients

4. GREEN & INDIGO



artichoke
asparagus
cucumber
leafy greens
avocado

CHLOROPHYLL



grapes
blueberries
celery
parsley
thyme

FLAVONOIDS



cabbage
broccoli
kale
Brussels sprouts

INDOLES

Phytonutrients

2. ORANGE



carrot
mango
sweet potato
apricot

CAROTENES



orange
tangerine
mandarin
all citrus

HESPERIDIN

Phytonutrients



pumpkin
persimmon
papaya
peaches

CRYPTOXANTHIN

3. YELLOW



turmeric root
turmeric
powder
curry powder

CURCUMIN



corn
yellow squash
yellow carrot

XANTHOPHYLLS

Phytonutrients

More Phytonutrient Needs:

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