



EAT A RAINBOW

21-DAY CHALLENGE

Welcome to the Eat a Rainbow Challenge!



Healthier, happier,
more energetic you!



Processed, non
nutritious foods!

This challenge is **simple, flexible,**
and **totally doable,** whether
you're a seasoned home cook or a
grab-and-go kind of eater.

Here's how to get stuck in... 



Celebrate progress, not
perfection: Didn't get every
color in today? That's okay!
Tomorrow is a new day to
shine. The point is to enjoy the
journey and explore new foods
along the way.

Recipe Ideas
Pg's 10 - 15



Use our food lists - Pick a few
colourful fruits and veggies to
try. Start with ones you already
like, then add something new!



Plan your meals - Think about
how you can add different
colours to your breakfasts,
lunches, dinners, and snacks.



Make a shopping list - Write
down what you need so you
have everything ready.



Keep it simple - Add fruit to
cereal, throw extra veggies into
pasta or stir-fries, or snack on
crunchy carrot sticks.

Have fun! - Try new foods, mix up
colours, and enjoy the challenge!



EAT A RAINBOW

Let's
START

Week



Getting Started

Each day, challenge yourself to include a range of colours in your meals. Feel free to mix and match based on what's available and what you enjoy!

Try something new ...

We all tend to buy and eat the same foods eat week but we want you to step out of your comfort zone and try lots of new fruit and vegetables or combinations.

Start out easy ...

Carrots and peas, that's green and orange ticked off right away. Try adding fruit and vegetables to the foods you love - veggies on top of pizza or slices of fruit on top of breakfast cereals.

BREAKFAST

Rainbow Porridge

Top oats with strawberries, banana, and blueberries

Fruit Toast

Wholemeal toast with nut butter and sliced apple or raspberries

Sunshine Smoothie

Blend mango, banana, and yoghurt for a bright start to the day

LUNCH

Rainbow Wrap

Wholemeal wrap with hummus, grated carrot, red pepper, & spinach

Egg & Veggie Sandwich

Add cucumber, tomato, & avocado to an egg sandwich

Quick Rainbow Noodles

Toss cooked noodles with red peppers, peas, & shredded cabbage

DINNER

Veggie Pizza

Load up a pizza with mushrooms, sweetcorn, peppers, and tomatoes

Colourful Stir-Fry

Chicken or tofu stir-fried with broccoli, carrots, and peppers

Sweet Potato & Bean Chilli

A warming dish with tomatoes, beans, and sweet potatoes

SNACK

Fruit & Yoghurt

Mix berries into a pot of yoghurt

Veggie Dippers

Carrot, cucumber, and peppers with hummus

Green Apple

with a handful of nuts

Blueberries

mixed with Greek yoghurt



EAT A RAINBOW



YOUR 21-Day Challenge Some inspiration and tips...

Keep it up

☀️ Week 1 ... Done! → ☀️

You've added color, tried new foods, and made a healthy change—amazing! 🎉 Now, let's keep it up! This week, get creative with simple, budget-friendly meals like stir-fries, soups, and fruit-packed breakfasts.

Small steps, big impact—keep going!

Did you know **tinned tomatoes** are one of the cheapest and most nutritious staples?

...Or that **frozen fruit** and veg are just as good (if not better) than fresh—and often cheaper?

Batch cooking soups and stews with seasonal veg can save money and time

Snack Smart
Swap crisps for an apple with peanut butter, carrot sticks & hummus, or a handful of nuts.

Eat the Leftovers – Turn yesterday's veggies into a stir-fry, frittata, or soup—nothing goes to waste!

Keep It Simple
A handful of frozen berries, a grated carrot in your sandwich, or extra veggies in your pasta sauce all count!

Make it easy
Keep washed, ready-to-eat fruit and veg where you can see them.

Make it part of your routine
Have a fruit snack at the same time every day.





EAT A RAINBOW

Week 2

Healthy habits stick when we repeat them daily! This week, focus on making colourful eating part of your routine. Aim for as many colours as you can each day—soon, it'll feel natural! Below are a few ideas...

KEEP UP
the good
WORK

Build Your Rainbow Habit!

Repeating a behaviour helps it stick! Research shows it only takes a few weeks of consistency to build a new habit. Keep adding colourful foods daily, and soon healthy eating will feel natural. Small changes lead to lifelong habits!

Prep your meals ahead of time ...

to make it easier to stick to your rainbow routine. The more you mix it up, the more fun and exciting healthy eating will become. Keep going, and soon, colourful meals will be your new normal!

BREAKFAST

Smoothie Bowl

Blend frozen berries, mango, and spinach, topped with chia seeds and kiwi.

Veggie Scramble

Scramble eggs with spinach, red pepper, and mushrooms.

Avocado Toast

Wholemeal toast mashed avocado & cherry tomatoes

LUNCH

Veggie Soup

A simple soup made with carrots, tomatoes, peas, and spinach, served with wholemeal bread.

Vegetable Couscous

Couscous with roasted veg & a squeeze of lemon.

Egg & Veggie Muffins -

Bake scrambled eggs with spinach, tomatoes, red peppers in a muffin tin.

DINNER

Chicken & Vegetable

Traybake - Roast chicken with carrots, parsnips, red onions, and red pepper

Spaghetti Bolognese

with Lentils - Minced beef and/or lentils with tomatoes, carrots, and onions, with pasta.

Chicken & Veggie

Skewers - Chicken pieces with peppers, onions, and tomato, grilled or baked.

SNACK

Mini Meatballs & Veggie Sticks

Homemade meatballs made from minced beef or pork, served with carrot and cucumber sticks.

Veggie Frittata Slices

Eggs, spinach, onion, and tomato are mixed together and baked until set.



EAT A RAINBOW

YOUR 21-Day Challenge

Some inspiration and tips...



☀️ Week 2 – Time to Get Creative! ☀️

You've made it through the first week—amazing! Now, let's step it up with even more color, variety, and budget-friendly ideas.

New Budget-Friendly Foods

Try seasonal UK produce like cabbage, leeks, carrots, and frozen berries.

Simple, Tasty Meals

Stir-fries, soups, roasted veggies, and fruit-packed breakfasts are all easy wins!

More Confidence in the Kitchen

Keep experimenting, swapping ingredients, and finding what works for you.

.Make It Fun for the Whole Family

Get the kids involved! Let them pick the colours for the day and help you prepare the meals. Making it a game (like who can eat the most colourful plate) is a fun way to build healthy habits together.

Shop the Rainbow

When shopping, look at your basket. Is there a colour missing? Pick up fruits or veggies you don't usually buy to try something new and brighten up your meals. If you're on a budget, frozen or tinned options can be great.

Swap Your Sides

Change up your usual side dishes by adding more colourful vegetables. Swap white rice for brown rice mixed with peppers and spinach or serve a hearty vegetable soup instead of chips with your sandwich





EAT A RAINBOW

YOU'VE
TOTALLY GOT
THIS!

Week 3

You're over halfway through! This week, focus on adding even more colours to your meals. Mix up your choices and try new combinations. The more colourful, the better—keep it fun and fuel your body with a rainbow of goodness!

Turn It Into a Lifestyle

You've built a great habit—now make it stick! Keep adding colour to your meals and experimenting with new fruits and veggies. Eating the rainbow isn't just a challenge, it's a long-term win for your health!

Listen to Your Body

Notice how eating more colourful foods has made you feel? More energy, better digestion, improved mood? Use that as motivation to keep going—your body loves the rainbow!

BREAKFAST

Banana and Peanut Butter Toast

Spread peanut butter on whole-grain toast and top with sliced banana

Yogurt Parfait

Layer Greek yogurt with mango, kiwi, and granola for a tasty and colourful breakfast.

LUNCH

Chicken & Chickpea

Salad Wrap - Grilled chicken, chickpeas, lettuce, tomato, and cucumber wrapped in a wholemeal tortilla.

Chicken & Avocado Rice Bowl - Grilled chicken, avocado, tomato, and peas served over brown rice.

DINNER

Lentil & Veggie Shepherd's Pie

Lentils in a vegetable gravy, topped with mashed sweet potatoes and carrots.

Chickpea & Spinach Curry - Chickpeas, spinach, tomatoes, and curry spices cooked together, served with rice or naan bread.

Mince or meat can be added to these.

SNACK

Pea & Mint Dip

Blend peas, mint, lemon juice, and olive oil. Serve with carrot sticks or wholemeal crackers.

Carrot & Apple Energy Bites

Grate carrots and apples, mix with oats, honey, and cinnamon, then roll into balls.



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Some Recipe Ideas



Breakfast Ideas

Mixed Berry Oats

Ingredients: Oats, almond milk, strawberries, blueberries, chia seeds

Instructions: Cook oats with almond milk. Top with fresh strawberries, blueberries, and a sprinkle of chia seeds.

Banana & Spinach Smoothie

Ingredients: Banana, spinach, almond milk, honey

Instructions: Blend banana, a handful of spinach, almond milk, and a little honey until smooth.

Tomato & Avocado Toast

Ingredients: Whole grain bread, avocado, tomato, pepper

Instructions: Toast bread, mash avocado onto it, top with tomato slices, and season with salt and pepper.

Rainbow Fruit Yogurt Parfait

Ingredients: Greek yogurt, kiwi, blueberries, strawberries, honey

Instructions: Layer yogurt with sliced kiwi, blueberries, strawberries, and drizzle with honey.

Veggie Omelette

Ingredients: Eggs, bell peppers (red, yellow), spinach, onions

Instructions: Whisk eggs, pour into a pan, and add diced bell peppers, spinach, and onions. Cook until set, fold, and serve.





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Some Recipe Ideas



Lunch Ideas

Cheese & Veggie Quesadillas

Ingredients: Whole wheat tortillas, cheese, bell peppers, onions, spinach (or any leftover veggies)

Instructions: Sauté bell peppers and onions. Place veggies and cheese between two tortillas and cook in a pan until golden brown. Cut into wedges and serve.

Pasta with Tomato Sauce and Veggies

Ingredients: Pasta, canned tomatoes, carrots, zucchini, garlic, olive oil

Instructions: Cook pasta. Sauté garlic and chopped carrots and zucchini in olive oil, add canned tomatoes, and simmer to make a quick sauce. Toss the pasta in the sauce and serve.

Veggie Fried Rice

Ingredients: Rice (preferably leftover), frozen mixed veggies, eggs, soy sauce, onion

Instructions: Scramble eggs in a pan. Add frozen veggies and sauté until cooked. Add rice and soy sauce, stir-fry everything together, and serve.

Chickpea Salad Wraps

Ingredients: Canned chickpeas, lettuce, cucumber, tomatoes, hummus, whole wheat wraps

Instructions: Mash chickpeas and mix with chopped cucumber, tomatoes, and hummus. Spread on a wrap with lettuce, roll up, and serve.





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Some Recipe Ideas



Lunch Ideas

Baked Potatoes with Toppings

Ingredients: Potatoes, cheese, sour cream or yogurt, leftover veggies, beans

Instructions: Bake potatoes until soft. Top with cheese, beans, leftover veggies, and a dollop of sour cream or yogurt for a filling and customizable meal.

Tuna Salad Sandwiches

Ingredients: Canned tuna, mayonnaise or yogurt, celery, bread, lettuce

Instructions: Mix canned tuna with mayonnaise or yogurt, and add diced celery. Spread on bread and top with lettuce for a quick, satisfying sandwich.

Veggie Tacos

Ingredients: Tortillas, black beans, corn, tomatoes, avocado, lettuce

Instructions: Warm tortillas and fill them with black beans, corn, diced tomatoes, and avocado. Top with lettuce and a sprinkle of cheese.

Pita Pockets with Hummus & Veggies

Ingredients: Whole wheat pita pockets, hummus, cucumber, tomatoes, lettuce

Instructions: Cut pita pockets in half and stuff with hummus and sliced veggies. Serve with a side of fruit or chips for a complete meal.





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Some Recipe Ideas



Lunch/Dinner Ideas

Simple Stir-Fry Noodles

Ingredients: Noodles, soy sauce, frozen mixed veggies, garlic, eggs (optional)

Instructions: Cook noodles and set aside. Sauté garlic and frozen veggies, then toss in the noodles and soy sauce. Add scrambled eggs if desired for extra protein.

Frittata

Ingredients: Eggs, potatoes, spinach, onion, cheese

Instructions: Whisk eggs and pour over sautéed potatoes, spinach,

Cabbage Stir-Fry

Ingredients: Cabbage, soy sauce, garlic, onions, leftover rice or noodles

Instructions: Stir-fry shredded cabbage, onions, and garlic in a pan. Add soy sauce and serve over leftover rice or noodles.

Burrito Bowls

Ingredients: Rice, black beans, corn, salsa, avocado, lettuce

Instructions: Cook rice, then top with black beans, corn, salsa, diced avocado, and shredded lettuce. Serve as a bowl or in tortillas.

Vegetable Soup

Ingredients: Mixed frozen veggies, canned tomatoes, vegetable broth, pasta or rice

Instructions: Combine veggies, canned tomatoes, and vegetable broth in a pot. Add pasta or rice and cook until tender. Serve warm with crusty bread.





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Some Recipe Ideas



Dinner Ideas

Veggie Stir-Fry

Ingredients: Bell peppers, carrots, peas, soy sauce, rice

Instructions: Stir-fry chopped bell peppers, carrots, and peas in a pan with soy sauce. Serve over rice.

Sweet Potato & Black Bean Tacos

Ingredients: Sweet potatoes, black beans, tortillas, salsa, avocado

Instructions: Roast sweet potatoes, then fill tortillas with roasted sweet potatoes, black beans, salsa, and avocado.

One-Pan Roasted Veggies

Ingredients: Carrots, bell peppers, sweet potatoes, olive oil, garlic

Instructions: Chop all veggies, toss with olive oil and garlic, and roast at 400°F (200°C) for 25-30 minutes.

Chickpea Curry

Ingredients: Canned chickpeas, coconut milk, spinach, tomatoes, curry powder

Instructions: Cook chickpeas with coconut milk, tomatoes, and curry powder. Stir in spinach at the end until wilted. Serve with rice.

Spaghetti with Veggie Sauce

Ingredients: Whole wheat spaghetti, canned tomatoes, zucchini, bell peppers, garlic

Instructions: Cook spaghetti. Sauté garlic, add chopped zucchini and bell peppers, then add canned tomatoes to make the sauce. Pour over spaghetti.





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Congratulations



You did it!

21 days of colorful, budget-friendly eating - **well done!**

You've tried new foods, packed in nutrients, and proved healthy eating doesn't have to cost a fortune.

This isn't the end - **it's the start** of a vibrant, delicious way to eat every day. Keep adding color to your plate and celebrating small wins!

You're a rainbow-eating superstar!

You've already taken the first step—be proud of that!

This journey isn't just about food; it's about creating habits that nourish and uplift you.

Some days will be tougher than others, but what matters is that you're showing up.

Small changes lead to big impact over time, and you're building a strong foundation.

Keep going, celebrate every win, and trust in your strength.

You've got this!

**KEEP IT
UP!**

