

A SIMPLE DAILY CHECK-IN



EAT THE RAINBOW RESET

A FIVE-MINUTE DAILY PRACTICE TO NATURALLY ADD MORE
COLOURFUL VARIETY—WITHOUT DIETING OR MEAL PLANNING.

KAREN PITT

Start Here

This guide works best if you...

- Spend less than 5 minutes a day.
- Don't try to eat every colour today.
- Simply notice what you're already eating.
- Celebrate progress, not perfection.

Your First 10 Minutes

- ✓ Read the introduction.
- ✓ Complete today's Colour Check-In
- ✓ Choose one colour to explore at your next meal

You'll find a completed example later in this guide so you can see what a *Colour Check-In* can look like in everyday life.

Eat the Rainbow Reset

A simple daily check-in to add more variety - without overthinking.

Why this matters

Eating a variety of foods can support your energy, digestion, and overall well-being.

One of the easiestst ways to do this is by adding more colour to your plate. When you include a range of colours, you naturally bring in more balance—without needing to track or calculate anything.

Why adding more colour can help

- Different colours often reflect different nutrients your body can use
- More variety can support energy, digestion, and overall balance
- Adding colour is a manageable way to improve your meals—without tracking or strict rules

A gentle way to approach this

- Don't plan your meals
- Don't aim for perfection
- Just check off colours you naturally ate
- Notice gaps and gently add one colour next time

What makes this different

This reset isn't about eating perfectly or hitting every colour.

It's about noticing what you already do—and building from there in a way that feels manageable.

What you might notice as you use this:

- You become more aware of your eating patterns
- You start adding variety without overthinking
- Meals feel a bit more satisfying
- You feel less pressure to “get it right”

This reset is for you if:

- You feel stuck eating the same foods on repeat
- You want to eat better, but don’t want another strict plan
- You tend to overthink your food choices
- ***You’re looking for something doable and realistic***

Easy ways to make this feel more manageable

- Aim to include a few different colours across your day
- Variety over time matters more than perfection in one meal
- Use what you already enjoy—just build from there
- Keep it simple—even small additions can make a difference

Your next step

Start with a quick check-in.

On the next page, you’ll find your daily colour check-in.

Use it to notice what you’re already eating—no planning required.

Just begin where you are and build from there.



Optional (What to make the reset even more visual?):

Use coloured pens or pencils to tick off your chart.

This tip can make patterns easier to see and adds a bit of fun to the process too!

Eat the Rainbow Reset

Your Daily Colour Check-In

Use the times that fit your day - this is simply a guide.

How to use this check-in:

Use this page over a few days or up to a week.
You can fill it in as you go, or do a quick check at the end of the day.
No need to be exact—this is just a simple way to build awareness.

	Red	Orange	Yellow	Green	Blue/ Purple	White/ Brown
Morning						
Mid-Morning						
Lunch						
Mid-Afternoon						
Dinner						
Late Evening						



How did today feel?

(check any that fit)

- ☐ Calm
- ☐ Rushed
- ☐ Satisfied
- ☐ Still craving

At a glance

No right or wrong - just notice what stands out

Looking at your chart...

- ☐ I mostly ate the same colours
- ☐ I included a few different colours
- ☐ I naturally added more variety than usual

If I want to add something, one colour I could include next is:

On the next page, you'll find a quick guide to different food colours and examples you can try.

A Simple Guide to Colourful Foods



Red

Examples: tomatoes, strawberries, cherries, red peppers

Supports: heart health, skin, overall vitality

Often linked to: antioxidants like lycopene that help protect your cells

My go-to foods: _____



Green

Examples: spinach, broccoli, cucumber, herbs

Supports: digestion, balance, bone health

Often linked to: fibre, folate, and nutrients that support gut and overall health

My go-to foods: _____



White & Brown

Examples: mushrooms, cauliflower, onions, garlic, oats

Supports: heart health, immune support, bone health

Often linked to: compounds that support circulation and overall balance

My go-to foods: _____



Orange & Yellow

Examples: carrots, sweet potatoes, oranges, mangoes, yellow peppers

Supports: immune function, vision, healthy skin

Often linked to: beta-carotene and vitamin C that support eye and immune health

My go-to foods: _____



Blue & Purple

Examples: blueberries, blackberries, grapes, eggplant

Supports: brain health, memory, healthy aging

Often linked to: antioxidants that help protect cells and support brain function

My go-to foods: _____

A quick reminder:

You don't need every colour every day—variety over time is what matters.

This guide is based on general nutrition principles around whole foods and variety

What I Noticed

Take a moment to reflect after using this guide for a few days.

After using this check-in, I noticed:

- ☐ I added more colour without overthinking
- ☐ I became more aware of my eating patterns
- ☐ I felt less pressure to eat “perfectly”
- ☐ I made one small change that felt good
- ☐ I noticed when I was rushing or skipping meals
- ☐ I felt more satisfied after eating
- ☐ Other: _____

One small shift I want to keep:

One thing that felt easier than expected:

This is where **real change begins**—small, doable shifts that fit your life.

Different colours often reflect different nutrients. Adding variety is a gentle way to support your body—without needing to track or measure everything.

Eat the Rainbow Reset - Here's What It Can Look Like

Your Daily Colour Check-In

Use the times that fit your day - this is simply a guide.

How to use this check-in:

Use this page over a few days or up to a week.
You can fill it in as you go, or do a quick check at the end of the day.
No need to be exact—this is just a simple way to build awareness.

	Red	Orange	Yellow	Green	Blue/ Purple	White/ Brown
Morning		✓				✓
Mid-Morning						
Lunch	✓			✓	✓	
Mid-Afternoon					✓	
Dinner	✓	✓		✓		✓
Late Evening						

How did today feel?

(check any that fit)

- ☐ Calm
- ☒ Rushed
- ☒ Satisfied
- ☐ Still craving

At a glance

No right or wrong - just notice what stands out

Looking at your chart...

- ☒ I mostly ate the same colours
- ☒ I included a few different colours
- ☐ I naturally added more variety than usual

If I want to add something, one colour I could include next is:

yellow

On the next page, you'll find a quick guide to different food colours and examples you can try.

A Simple Guide to Colourful Foods - Here's What it Could Look Like



Red

Examples: tomatoes, strawberries, cherries, red peppers

Supports: heart health, skin, overall vitality

Often linked to: antioxidants like lycopene that help protect your cells

My go-to foods: Strawberries, tomatoes



Green

Examples: spinach, broccoli, cucumber, herbs

Supports: digestion, balance, bone health

Often linked to: fibre, folate, and nutrients that support gut and overall health

My go-to foods: Broccoli, kale



White & Brown

Examples: mushrooms, cauliflower, onions, garlic, oats

Supports: heart health, immune support, bone health

Often linked to: compounds that support circulation and overall balance

My go-to foods: Mushrooms, oats



Orange & Yellow

Examples: carrots, sweet potatoes, oranges, mangoes, yellow peppers

Supports: immune function, vision, healthy skin

Often linked to: beta-carotene and vitamin C that support eye and immune health

My go-to foods: Bananas corn

pineapple

yellow peppers



Blue & Purple

Examples: blueberries, blackberries, grapes, eggplant

Supports: brain health, memory, healthy aging

Often linked to: antioxidants that help protect cells and support brain function

My go-to foods: Blueberries

A quick reminder:

You don't need every colour every day—variety over time is what matters.

This guide is based on general nutrition principles around whole foods and variety

Start with foods you already enjoy. Add new favourites as you discover them.

Connecting the Dots

After using this check-in for a few days, I noticed...

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- ☒ I added more colour without overthinking
- ☒ I became more aware of my eating patterns
- ☒ I felt less pressure to eat "perfectly"
- ☒ I made one small change that felt good
- ☐ I noticed when I was rushing or skipping meals
- ☐ I felt more satisfied after eating
- ☐ Other: _____

One small shift I want to keep:

Adding one colourful food to at least one meal each day.

One thing that felt easier than expected:

I didn't have to change my whole meal!

I just add one small thing.

This is where **real change begins**—small, doable shifts that fit your life.

Different colours often reflect different nutrients. Adding variety is a gentle way to support your body—without needing to track or measure everything.

Next Steps

If You'd Like to Keep Building on This

You might have noticed a few patterns while doing this:

- Certain times of day feel more rushed
- You reach for the same foods when you're stressed or busy
- Some meals feel easier to build from than others

This is completely normal—and it's also where deeper change can happen.

Simple ways to continue

- Add one familiar colour to meals you already enjoy
- Keep a few easy, colourful foods on hand
- Build on the meals that already feel easiest

There's no need to do everything—just start where it feels manageable.

If you'd like more support

If you're noticing cravings, stress eating, or patterns that feel hard to shift on your own, you don't have to figure it out alone.

Book your complimentary

Master Your Cravings Strategy Session

In this session, we'll:

- Explore what's driving your patterns
- Identify simple, realistic shifts
- Map out your next steps in a way that feels manageable

👉 **Book your complimentary session here:** [Book Your Session](#)

Or visit [Master Your Cravings](#) to learn more.

You don't need to do this perfectly—just begin.

 Eat the Rainbow Reset

Your On-the-Go Tool: Colour Check-In

 **1 minute**

-  Cut out and keep somewhere you'll see it when you need a reminder.
-  Or screenshot it and save it on your phone for a quick check-in anytime.
-  *Tip: For a sturdier reminder card, print this page on thicker paper or cardstock.*

Before your next meal, notice:

 What colours are already on my plate?

- ☐ Red
- ☐ Orange/Yellow
- ☐ Green
- ☐ Blue/Purple
- ☐ White/Brown

One colour I could explore next:

Connect the Dots Reminder:

Small additions can create meaningful change.

