

EAT IT

The colour of the day decides what's on your plate

LIVE IT

Never make something boring ever again

WEAR IT

Don't wear black every day you are not dead yet



MONDAY RED

MEANING OF THE COLOR RED

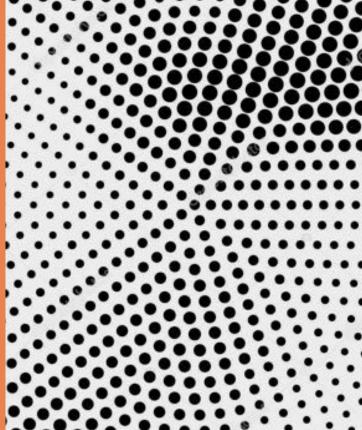
IS AN INTENSE COLOR THAT IS PACKED WITH EMOTION RANGING FROM PASSIONATE, INTENSE LOVE TO ANGER AND VIOLENCE—REPRESENTING BOTH CUPID AND THE DEVIL. IT IS A HOT, STRONG, STIMULATING COLOR THAT REPRESENTS EXCITEMENT AND ENERGY. STUDIES SHOW THAT THE COLOR RED CAN CREATE PHYSICAL EFFECTS SUCH AS ELEVATED BLOOD PRESSURE, ENHANCED LIBIDO, INCREASED RESPIRATORY RATES, ENHANCED METABOLISM, INCREASED ENTHUSIASM, HIGHER LEVELS OF ENERGY, AND INCREASED CONFIDENCE.

THE COLOR OF BLOOD AND FIRE, IS ASSOCIATED WITH MEANINGS OF LOVE, PASSION, DESIRE, HEAT, LONGING, LUST, SEXUALITY, SENSITIVITY, ROMANCE, JOY, STRENGTH, LEADERSHIP, COURAGE, VIGOR, WILLPOWER, RAGE, ANGER, DANGER, MALICE, WRATH, STRESS, ACTION, VIBRANCE, RADIANCE, AND DETERMINATION.





TÜËSDÄY SPÖTTËD





WEDNESDAY PINK

Pink is a combination of the color red and white, a hue that can be described as a tint. It can range from berry (bluebased) pinks to salmon (orange-based) pinks. Its symbolism is complex and its popularity is subject to so many influences.

MEAN GIRL

Cady Heron is a hit with The Plastics, the A-list girl clique at her new school, until she makes the mistake of falling for Aaron Samuels, the exboyfriend of alpha Plastic Regina George

IMDB 7.0.



THURSDAY YELLOW

1966 SONG BY THE BEATLES,
WRITTEN BY PAUL MCCARTNEY AND
JOHN LENNON, WITH LEAD VOCALS
BY RINGO STARR. IT WAS INCLUDED
ON THE REVOLVER (1966) ALBUM
AND ISSUED AS A SINGLE, COUPLED
WITH "ELEANOR RIGBY". THE
SINGLE WENT TO NUMBER ONE ON
EVERY MAJOR BRITISH CHART,
REMAINED AT NUMBER ONE FOR
FOUR WEEKS, AND CHARTED FOR 13
WEEKS.





BLACK FRIDAY

MY WARDROBE IS A VAST RAINBOW OF BLACK. THOSE WHO WEAR **ENOUGH BLACK, KNOW THERE ARE** TWO RULES ABOUT IT; ONE, YOU CAN NEVER HAVE TOO MUCH BLACK AND TWO, THERE'S A LEGIT **RAINBOW OF SHADES OF BLACK. HOWEVER, FASHION AND FOOD** RARELY COMBINE, AND NO, **SPILLING SPAGHETTI ON YOUR** WHITE SHIRT DOESN'T COUNT. LATELY THOUGH, THE CULINARY **WORLD HAS BEEN BOUGHT INTO** THE WHOLE BLACK OBSESSION -AND BLACK FOOD IS POPPING UP **EVERYWHERE. FROM CHARCOAL,** ASH AND SQUID INK INFUSED, PEOPLE ARE OBSESSING OVER THE **COOLEST LOOKING FOOD AROUND.** HERE ARE SOME ITEMS TO SELL YOU ON THE IDEA OF INDULGING YOUR **BLACK AS NIGHT FOOD NEEDS.**

