



7 Plates, 7 Colours

OBJECTIVE

Increase the **variety of fruits and vegetables**, exploring the natural colours of food and reinforcing a **balanced Mediterranean pattern** throughout the week.

YOUR MISSION

For **7 days**, he assembles **one Mediterranean meal a day**, highlighting a **different colour** of fruit or vegetables.

PLAN OF THE WEEK

- **Monday — Green** (e.g. spinach, broccoli, kiwi)
- **Tuesday — Orange** (e.g., carrot, pumpkin, orange)
- **Wednesday — Red** (e.g., tomato, strawberry, pepper)
- **Thursday — Purple** (e.g. red cabbage, grapes, eggplant)
- **Friday — White** (e.g., onion, garlic, cauliflower, pear)
- **Saturday — Yellow** (e.g. yellow pepper, corn, pineapple)
- **Sunday — Mixed colours** (your rainbow on the plate)

(Include whenever possible: vegetables/fruit + whole grain cereal or legumes + healthy fat, such as olive oil.)

DAILY LOG

- **Day:** _____
- **Chosen color:** _____
- **Prepared meal:** _____

(Repeats for each day of the week.)



FINAL REFLECTION

At the end of the week, he answers:

- What was the easiest colour to include? Why?

- Which was the hardest?

- What new foods have you tried?

FOODWISELAB TIP

More colours on the plate mean **more nutritional diversity, more protective** compounds, and a more interesting diet — without complicating it.