



Step 2 – Observe the pattern

Throughout the week, he points out:

- **Foods of plant origin consumed:**
(vegetables, fruit, pulses, whole grains, nuts, seeds)

- **How many times have you consumed ultra-processed foods (PUs):**

Step 3 – Where you could improve

Identify **2 meals** where you could have added one or more of these elements:

- ☐ vegetables
- ☐ Pulses
- ☐ Fruit
- ☐ olive oil

Meal 1: _____

Meal 2: _____

Step 4 – Three improvements for the next week

Define **3 simple and realistic improvements** that you can try out the following week.

1. _____
2. _____
3. _____



FINAL REFLECTION

At the end of the week, he answers:

- Did I feel more satiated? ☐ Yes ☐ No
- Did I have more energy? ☐ Yes ☐ No
- Have I noticed differences in digestion or mood?

FOODWISELAB TIP

The Mediterranean pattern is built **throughout the week**, not in a perfect meal. Repeated small adjustments create lasting habits.