

# MENU PLANNING WITH TASTE AND COLOR

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## Breakfast

Sweet	
Salty	
Sour	
Pungent	
Bitter	
Astringent	

RED	ORANGE	YELLOW	GREEN	BLUE	PURPLE	BROWN	WHITE



## Lunch

Sweet	
Salty	
Sour	
Pungent	
Bitter	
Astringent	

RED	ORANGE	YELLOW	GREEN	BLUE	PURPLE	BROWN	WHITE



## Dinner

Sweet	
Salty	
Sour	
Pungent	
Bitter	
Astringent	

RED	ORANGE	YELLOW	GREEN	BLUE	PURPLE	BROWN	WHITE