



MY WEEKLY BALANCED DIET

	BREAKFAST	SNACKS	DINNER	SNACKS
MONDAY	one boiled egg	diet biscuit	Vegetable Meal	one piece of fruit (apple)
	one slice of white cheese		yoghurt	
	a glass of Milk			
	a slice of Brown Bread			
TUESDAY	Omlette	yoghurt	one serving of grilled chicken	one piece of fruit (apple)
	olive (ten pieces)		salad	
	a glass of Milk		yoghurt	
	a spoonful of Jam			
	a slice of Brown Bread			
WEDNESDAY	Menemen	a handful of walnut	Vegetable Meal	one piece of fruit (apple)
	one slice of white cheese		a bowl of soup	
	a glass of Milk			
	Tomato & Cucumber			
THURSDAY	one boiled egg	diet biscuit	one serving of grilled fish	one piece of fruit (apple)
	olive (ten pieces)		salad	
	tomato & cucumber		a bowl of soup	
	a spoonful of Jam			
FRIDAY	one slice of white cheese	yoghurt	one serving of grilled chicken	one piece of fruit (apple)
	olive (ten pieces)		salad	
	a glass of Milk		rice (in a small amount)	
	tomato & cucumber			
	a spoonful of Jam			
SATURDAY	one boiled egg	diet biscuit	Vegetable Meal	one piece of fruit (apple)
	olive (ten pieces)		a bowl of soup	
	tomato & cucumber			
SUNDAY	Omlette	a handful of walnut	one serving of grilled fish	one piece of fruit (apple)
	olive (ten pieces)		salad	
	a glass of Milk		a bowl of soup	
	a slice of Brown Bread			

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