







## **MY WEEKLY BALANCED DIET**

MONDAY a glass a slice Omlet Olive ( TUESDAY a glass	lice of white cheese ss of Milk e of Brown Bread	diet biscuit yoghurt	Vegetable Meal yoghurt one serving of grilled chicken	one piece of fruit (apple)
MONDAY a glass a slice Omlet Olive ( TUESDAY a glass	ss of Milk e of Brown Bread tte (ten pieces)	yoghurt		
a slice Omlet Olive ( TUESDAY a glass	e of Brown Bread tte (ten pieces)	yoghurt	one conving of grilled chicken	
Omlet olive ( TUESDAY a glass	tte (ten pieces)	yoghurt	one serving of grilled chicken	
olive ( TUESDAY a glass	(ten pieces)	yoghurt	one serving of grilled chicken	
olive ( TUESDAY a glass	(ten pieces)	yoghurt	one serving of grilled chicken	
TUESDAY a glass			one serving of grined chicken	one piece of fruit (apple)
	is of Milk		salad	
a spoc			yoghurt	
	onful of Jam			
a slice	e of Brown Bread			
Mener	emen	a handful of walnut	Vegetable Meal	one piece of fruit (apple)
one sl	lice of white cheese		a bowl of soup	
WEDNESDAY a glass	ss of Milk			
Tomat	ato & Cucumber			
one bo	ooiled egg	diet biscuit	one serving of grilled fish	one piece of fruit (apple)
olive (	(ten pieces)		salad	
THURSDAY tomat	to & cucumber		a bowl of soup	
a spoc	onful of Jam			
one sl	lice of white cheese	yoghurt	one serving of grilled chicken	one piece of fruit (apple)
olive (	(ten pieces)		salad	
FRIDAY a glass	is of Milk		rice (in a small amount)	
tomat	to & cucumber			
a spoc	onful of Jam			
one bo	ooiled egg	diet biscuit	Vegetable Meal	one piece of fruit (apple)
olive (	(ten pieces)		a bowl of soup	
SATURDAY tomat	to & cucumber		·	
Omlet	tte	a handful of walnut	one serving of grilled fish	one piece of fruit (apple)
olive (	(ten pieces)		salad	
SUNDAY a glass	ss of Milk		a bowl of soup	
a slice	e of Brown Bread			

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