



# One week healthy menu



# MONDAY(First Day;)

Breakfast:Boiled egg,cucumber&tomato,rye bread

Snack:A cucumber,a bawl yoghurt

Lunch:Broccoli salad

Snack:Five strawberries&Five walnuts

Dinner:Haricot bean,pilaw,tomato



## TUESDAY:(Second Day;)

Breakfast:Menemen,black bread,wite cheese

Snack:Five hazelnuts,five almonds

Lunch:Pilaw with vegetables

Snack:One banana

Lunch:Tuna salad,rye salad



# WEDNESDAY(Third Day;)

Breakfast:Mashed potato,cheddar cheese

Snack:An apple

Lunch:Pasta,yoghurt,shepherd salad

Snack:Peanut butter,black bread

Dinner:Chard borani,mediterranean salad



# THURSDAY(Fourth Day;)

Breakfast:Omlet,rye bread,tomato

Snack:Five hazelnut

Lunch:Meatball

Snack:Puding

Dinner:Ezogelin soup,rye bread,yoghurt



# FRIDAY(Fifth Day;)

Breakfast:Menemen,black bread

Snack:Kefir

Lunch:Oven gourd

Snack:Broccoli salad

Dinner:Tarhana soup,yoghurt,tomato,rye bread



# SATURDAY:(Sixth Day;)

Breakfast: Omlet, rye bread, tomato

Snack: Fruit salad and fruit juice

Lunch: Stuffed peppers, yoghurt

Snack: Raisins

Dinner: Ezogelin soup, black bread, tomato & cucumber



# SUNDAY(Seventh Day;)

Breakfast: Kumak, black bread, tomato & cucumber

Snack: Kefir, apple

Lunch: lentil patties

Snack: Peach juice, raisins

Dinner: Yoghurt soup, pilaw, cucumber





BEFORE DIETING:45,9

AFTER DIETING:43,9

THANK YOU:)

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Pelitli 75.Yıl Cumhuriyet Ortaokulu