

# MY FOOD DIARY

	<i>Breakfast</i>	<i>BREAK</i>	<i>Lunch</i>	<i>dinner</i>
<i>Monday</i>	<i>Toasts and milk</i>	<i>fruit</i>	<i>Salat and fillet</i>	<i>plain omelet</i>
<i>Tuesday</i>	<i>Toast with milk</i>	<i>sandwich</i>	<i>macaroni</i>	<i>eggs</i>
<i>Wednesday</i>	<i>toasts with milk</i>	<i>yogurt</i>	<i>salat</i>	<i>potatoes omelet</i>
<i>Thursday</i>	<i>Biscuit with milk</i>	<i>fruit</i>	<i>fillet</i>	<i>salat</i>
<i>Friday</i>	<i>toasts with milk</i>	<i>yogurt</i>	<i>Stuffed Eggplant</i>	<i>soup</i>

# *my food report:*



*On Monday I had toasts and milk for breakfast , At break I had fruit , for lunch I had salad and steak , I had plain omelet for dinner.*



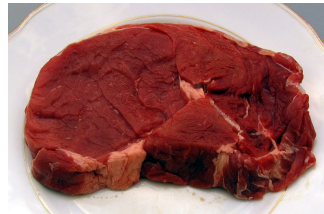
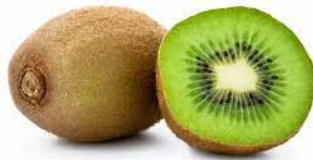
***On Tuesday I had toasts with milk for breakfast, At break I had a sandwich, I had macaroni for lunch, I had eggs for dinner.***



***On Wednesday I had toasts with milk. At break I had yogurt, I had salad for lunch,***

***1 had potato omelet for dinner***

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***On Thursday I had biscuits  
with milk, I had fruit for  
break, I had steak for lunch,  
I had salad for dinner.***





***On Friday I had toasts with milk , I had yogurt for break , I had Stuffed Eggplant for lunch, I had soup for dinner***

***By Olaia***