

My Food Diary

	<i>Breakfast</i>	<i>Break</i>	<i>Lunch</i>	<i>Dinner</i>
<i>Monday</i>	<i>Colacao</i>	<i>sandwich</i>	<i>Green beans</i>	<i>Green beans with egg</i>
<i>Tuesday</i>	<i>Cereal</i>	<i>Strawberry and banana</i>	<i>Lentils</i>	<i>chorizo, egg and rice</i>
<i>Wednesday</i>	<i>Colacao cold</i>	<i>sandwich of cheese</i>	<i>Spirals with meat</i>	<i>Spirals</i>

My Food Report:

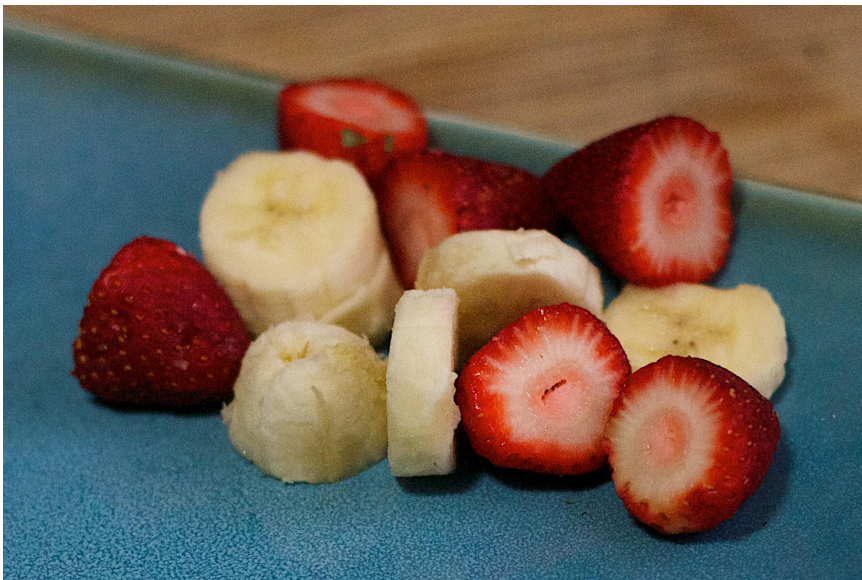
On Monday I had Colacao for breakfast. At break, I had a sandwich . For lunch, I had green beans. For dinner, I had green beans with egg.

On Tuesday I had cereal for breakfast. At break, I had strawberries and banana. For lunch, lentils. For dinner, I had chorizo, egg and rice.

On Wednesday I had cold Colacao for breakfast. At break sandwich of cheese. For lunch, I had spirals. For dinner, spirals with meat.



On Monday for breakfast



On Tuesday for

break



On Wednesday for lunch

By Sara