

HEALTHY FOOD IN MY LIFE 2

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First let's start with some fruits I ate during this week:

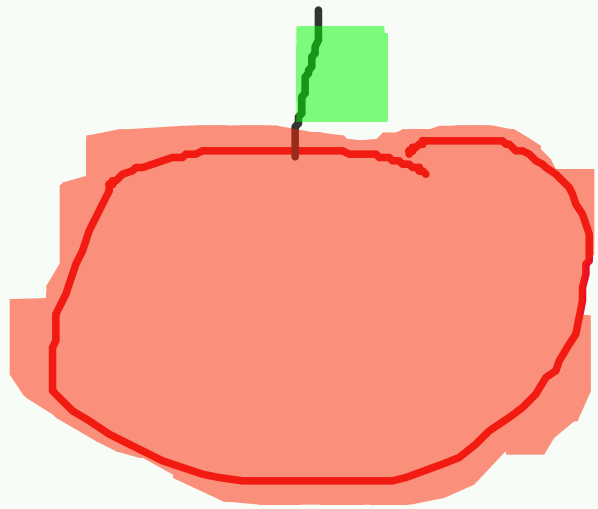
- Grapes
- Apples
- Oranges
- Plums
- Lemons
- Bananas
- Pears



Now some types of vegetables I ate during this week:

- Cucumber
- Tomato
- Lettuce
- Beetroot
- Carrot





Apple - jablko

Now dairy products I ate during this week :D

- Milk
- Cheese
- Yoghurt
- Eggs



Some meat I ate:

Chicken



These are many ideas for healthy menu:



BREAKFAST



**Monday:
Breakfast:
soft boiled egg
and orange
juice**



Tuesday:

Breakfast:

toasts with

cheese and

cocoa



Wednesday:

Breakfast:
scrambled
eggs and
tea



Thursday:

Breakfast:
porridge with fruit
and instant coffee
with milk



Friday:

Breakfast:

cereals with yoghurt
and apple juice



Saturday:

Breakfast:

sausages and tea
with lemon



Sunday:

Breakfast:
fried eggs with
bacon and cocoa



Pages I used:

https://www.google.de/search?q=fruit&tbm=isch&ved=2ahUKEwjwhpHasMfoAhXRBncKHaz9Dw4Q2-cCegQIABAA&oq=fruit&gs_lcp=CgNpbWcQAziECAAAQQzICCAAYAggAMgllADICCAAYBAgAEEMyAggAMgllADICCAAYAggAUNoUWNNoUYLgXaABwAHgAgAFKiAFKkgEBMZgBAKABAaoBC2d3cy13aXotaW1n&sclient=img&ei=b52EXrCTFdGN3AOs-79w#imgrc=SFa2VEWexDx-oM

<https://www.google.de/search?q=healthy%20food&tbm=isch#imgrc=8EPUGs4lxTguRM>

<https://www.google.de/search?q=lettuce&tbm=isch#imgrc=2j2YYn72wTT8nM>

<https://www.google.de/search?q=pretty%20background&tbm=isch>

https://www.google.de/search?q=dairy+products&tbm=isch&ved=2ahUKEwIU3MzBuMfoAhXHwKYKHUeHAvQQ2-cCegQIABAA&oq=dairy+products&gs_lcp=CgNpbWcQAziECAAAQQzICCAAYAggAMgllADICCAAYBAgAEB4yBAgAEB4yBAgAEB4yBAgAEB4yBAgAEB4yBAgAEB46BAgAEENQrsMYWKHgGGCe4xhoAHAAeACAacsBiAG9CplBBjEyLjEuMZgBAKABAaoBC2d3cy13aXotaW1n&sclient=img&ei=n6WEXu6QF8eBmwXHjoqgDw

https://www.google.de/search?q=beetroot&tbm=isch&ved=2ahUKEwjzh6HHxMfoAhXyycQBHRMRDvIQ2-cCegQIABAA&oq=beetroot&gs_lcp=CgNpbWcQAziECAAAQQzICCAAYAggAMgllADICCAAYBAgAEEMyAggAMgllADICCAAYAggAOgUIABCDVAVCvElj9I2CaJWgCcAB4AIABYogBtAaSAQlxMJgBAKABAaoBC2d3cy13aXotaW1n&sclient=img&ei=QLKEXvPnHPKTk74Pk6K4kA8

https://www.google.de/search?q=br%C4%85zowa+kartka&tbm=isch&ved=2ahUKEwjkhdlvsfoAhWXvyoKHTRrB7gQ2-cCegQIABAA&oq=br%C4%85zowa+kartka&gs_lcp=CgNpbWcQAziECAAA6BQgAEIMBOgQIABBDUJcqWL1SYOxUaAVwAHgAgAFriAGWDJIBBDE4LjGYAQCgAQGqAQtn3Mtd2l6LWltZw&sclient=img&ei=-KuEXuSpNjf_qgG01p3ACw#imgrc=8MT4B0GMeUQxCM

<https://www.google.de/search?q=scrambled%20eggs%20and%20tea&tbm=isch>

<https://www.google.de/search?q=soft%20boiled%20egg%20and%20orange%20juice&tbm=isch#imgrc=SKBEw3UTbFAUIM>

<https://www.google.de/search?q=toasts%20with%20cheese%20and%20cocoa&tbm=isch>

<https://www.google.de/search?q=porridge%20with%20fruit%20and%20instant%20coffee%20with%20milk%E2%80%8B&tbm=isch>

<https://www.google.de/search?q=soft%20boiled%20egg%20and%20orange%20juice&tbm=isch#imgrc=SKBEw3UTbFAUIM>

<https://www.google.de/search?q=toasts%20with%20cheese%20and%20cocoa&tbm=isch>

<https://www.google.de/search?q=porridge%20with%20fruit%20and%20instant%20coffee%20with%20milk%E2%80%8B&tbm=isch>