**HEALTHY WEEKLY HOME MENU**

**DAY 1**

**Breakfast**

**2 slices of wholemeal bread, teaspoon of butter,**

**4 slices of turkey ham, 2 lettuce leaves, 2 slices of tomato,tea**

**morning snack**

**granulated country cheese,apple, a glass of fruit juice from fresh fruit**

**Dinner**

**red borscht with egg, boiled chicken breast, millet**

 **salad with carrot, apples, leek ,olive oil, glass of still water**

**Afternoon snack**

**pudding,apple juice**

**Dinner**

**tuna salad (a handful of iceberg lettuce, tuna in own sauce, pepper, onion, dill, tomato, lemon juice, rapeseed oil)**

**DAY 2**

**Breakfast**

 **2 slices of wholemeal bread, butter,**

**cottage cheese paste (lean quark, natural yoghurt, cucumber, radish),tea**

**morning snack**

**corn flakes with milk, glass of fruit juice**

**Dinner**

**broth with pasta, roasted cod fillet,potatoes, salad (carrot, apples, teaspoon of rapeseed oil),glass of still water.**

**Afternoon snack**

**Fruit pudding, glass of still water**

**Dinner**

**2 toasted bread with slices of yellow cheese, tomato,**

**tea**

**DAY 3**

**Breakfast**

 **oatmeal with milk, apple,tea**

**morning snack**

**2 slices of wholemeal bread, 4 slices of poultry ham,**

**lettuce, glass of still water.**

**Dinner**

**tomato soup,roast chicken breast, brown rice, white cabbage salad,glass of still water**

**Afternoon snack**

**glass of fruit compote, bowl - walnuts, dried plums, cranberry**

**Dinner**

**2 slices of wholemeal bread, butter, 4 slices of cheese, tea**

**DAY 4**

**Breakfast**

 **cottage cottage cheese, chives,cucumber, tea**

**morning snack**

**4 whole-grain cookies,banana, glass of fruit juice**

**Dinner**

**broccoli soup-cream, 2 roasted chicken** **drumsticks,**

**buckwheat, compote**

**Afternoon snack**

**fruit salad (apple, banana, mandarin, grapes),**

**glass of still water**

**Dinner**

**oatmeal with milk, tea**

**DAY 5**

**Breakfast**

**2 slices of wholemeal bread, scrambled eggs with 2 eggs, tomato, tea**

**morning snack**

**1 banana, natural yoghurt, fruit and vegetable juice (carrot, apple, beetroot)**

**Dinner**

**Vegetable soup, stewed loin, potatoes, Chinese cabbage salad with pepper, glass of still water**

**Afternoon snack**

**fruit yoghurt with bran, glass of compote**

**Dinner**

**2 slices of wholemeal bread, butter, slices of radishes, 4 slices of poultry ham**

**DAY 6**

**Breakfast**

**2 slices of wholemeal bread, butter, 4 slices of cheese, salad, cocoa**

**morning snack**

**natural yoghurt, banana, oat biscuits, glass of still water**

**Dinner**

**Krupnik with barley and potato, braised cod with yoghurt and dill sauce, brown rice, white cabbage salad, glass of still water**

**Afternoon snack**

**juice squeezed from fresh fruit, fruit pudding**

**Dinner**

**2 slices of wholemeal bread, butter, egg paste with parsley, tea**

**DAY 7**

**Breakfast**

**2 slices of wholemeal bread, cottage cheese with chives, tea**

**morning snack**

**a bun, natural yoghurt, fruit juice**

**Dinner**

**Cauliflower soup, 5 Russian dumplings, salad (leek, carrot, apple), compote**

**Afternoon snack**

**apple pie, still water**

**Dinner**

**3 pancakes, tea**