

DON'T WORRY, BE HEALTHY

FRIDAY 16th OF JULY

MONDAY :

- smoothie •
(apple, spinach, strawberry)
- sandwich •
(tomatoes, mozzarella, basil)

TUESDAY :

- hummus that you can dip veggies in
- oat cookies •

WEDNESDAY :

- salad •
(peppers, tomatoes, cucumber)
lettuce, carrots
- bread rolls (homemade) •

THURSDAY :

- granola with greek yoghurt
- apple •

FRIDAY :

- fresh juice •
(lemonade, orange juice)
apple juice
- fruit salad •
(strawberries, pineapple, watermelon)

