

FOOD	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BreakFast	A boiled egg Apple Orange juice	Orange Bread Croissant	Cereals with milk Smoothie	Toast with marmalade Coffe &Tea	Pancakes Fruits Salad	Egg's Yogurt Orange juice	Fruits
Snack	Sandwich	_____	Banana	Strawberry	Yogurt with cereals or fruits	_____	_____
Lunch	Salad Chicken with potatoes Cheese	Spanish omelet Salad	Spaghetti	Mix vegetables with some park meat	Rice with meat balls salad	Peas with baron Bread	Smashed potatoes
Dinner	Yogurt	Vegetables	Luna Potatoes Lemon	Fruits Salad	Bread with cheese Cake	Banana with cream	Vegetables
Sport	Running 30 minutes	Swimming	Play football	Running 30 minutes	GYM	Tenis	