



A HEALTHY MENU FOR A DAY

Irina, Teo, Alexia. David & Mihai

BREAKFAST

- Sandwich – brown bread spread with butter, ham, cheese, tomato and rucola
- Fruit tea
- A banana



NUTRITIONAL CONTENT

A photograph of a breakfast meal. In the foreground, a white plate with a blue and gold patterned rim holds two golden-brown waffles. One waffle is topped with a dollop of white whipped cream and a generous amount of red strawberry jam. A silver fork is placed on the left side of the plate. To the left of the plate is a glass filled with iced tea and a slice of lemon. The background shows a wooden table with a red candle in a brass holder and some decorative items.

Carbohydrates

- Fats
- Fibre

Proteins

- Vitamins
- Minerals

LUNCH

- Grilled pork meat
- Roast potatoes
- Salad
- Fresh orange juice





NUTRITIONAL CONTENT

- Fibre

- Vitamins

- Proteins

- Carbs

- Minerals

- Fats

DINNER

- Rice with vegetables
- Grilled chicken
- Water





NUTRITIONAL CONTENT

- Fibre
- Vitamins
- Proteins
- Carbs
- Minerals
- Fats