**My daily menu**

1. *Breakfast*

*I usually eat breakfast at 9 a.m.*

*I eat different things, but usually I try to eat healthy breakfast that consists of musli and fruits.*



1. *Lunch*

*I eat lunch at 12 a.m. I sometimes eat something sweet to have energy for the rest of the day.*



1. *Dinner*

 *I have two courses for dinner . First course is a broccoli soup made by my mum. It is delicius.*

*Main course is meat with groats and vegetables. It is really healthy dinner with a lot of vitamins.*

 

By Amelia