

MY DAILY FOOD PLAN

MON



	BREAKFAST	LUNCH	DINNER	SNACKS
	Avocado toast Coffee Americano 1 orange	Roasted Duck Rice 100g Veg Salad Melon, 2 piece	Chicken Soup Yogurt	Hazelnuts, 50g Banana Apple

TUE



	Oatmeal with forest berries Coffee Americano	Roasted Duck Rice 100g Veg Salad Melon, 2 piece	Veggie loaded fitatta	Hazelnuts, 50g Banana Apple
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WED



	Tuna Sandwich	Burger/Pizza Juice	Salad Beer 0.75	Crisps
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THU



	Avocado toast Coffee Americano 1 apple	Roasted Duck Rice 100g Veg Salad Melon, 2 piece	Baked Salmon Green Salad	Walnuts, 50g Banana
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FRI



	Eggs Benedict Coffee Americano 1 orange	Roasted Duck Rice 100g Tomato Salad Melon, 2 piece	Stuffed Sweet Potatoes	Hazelnuts, 50g Banana Apple
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SAT



	Dark Chocolate Latte	Macaroni & cheese Doughnut	Fried potatoes	Crisps
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SUN



	Oatmeal with berries Coffee Americano	Wild Salmon Baked Green Salad Rye bread, 2 piece	Chicken Soup Yogurt	Hazelnuts, 50g Banana Apple
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