



Healthy Ideas



Breakfast tips

Cereal product with low sugar and fat content with milk or yoghurt

A glass of milk

Yoghurt

Fruit salad

White or Brown bread toast

Freshly squeezed orange juice



Lunch:

Brown or white bread (bun, rolls or sandwiches)

Filling:

Fresh tomato with tuna

Ham and cheese/ricotta

Bigilla paste

Tuna paste

Hummus paste



Dinner:

Brown/White Rice salad with meat balls and tomato sauce

Farfalle with tomato sauce and some grated cheese

Couscous salad with red kidney beans and fresh vegetables

Fresh and local vegetable soup

Omelette with 3 cherry tomatoes and mashed potatoes.

Homemade burger in pita bread

Potato and egg salad

Snacks:

Any local and seasonal fruit

Yoghurt

Dried fruits

Glass of milk

Homemade cereal bars

Smoothie



Beverages:

Bottled water

Freshly squeezed fruit juice

Glass of milk

