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Nombre del trabajo:

DO WE NEED ANY EGGS

Materia:

Ingles

Grado:

2do

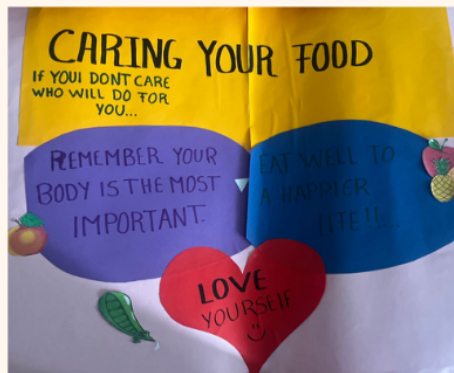
Grupo:

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Comitán de Domínguez Chiapas a 29 de Enero de 2024.



DO WE NEED ANY EGGS?



Here's the translated version of the meal plan following the "plate of good eating":

Breakfast:

- Fresh fruit (e.g., an orange or an apple)
- Cooked oatmeal with skim milk and a sprinkle of cinnamon
- Whole wheat toast with avocado or sugar-free jam

Lunch:

- Spinach, tomato, cucumber, and carrot salad
- Baked fish fillet
- Brown rice
- Strawberries for dessert

Snack:

- Unsweetened natural yogurt
- A handful of nuts or almonds

Dinner:

- Vegetable soup (zucchini, carrot, onion, celery)
- Grilled chicken breast
- Mashed potatoes (without butter or cream)
- Sugar-free gelatin

Remember to adjust the portions according to your caloric needs and personal preferences. Also, it's important to stay well hydrated throughout the day by drinking enough water.

