



Good Food For Your Diet



Boiled Egg

Eggs contain nutrients that make you full for a long time

01.

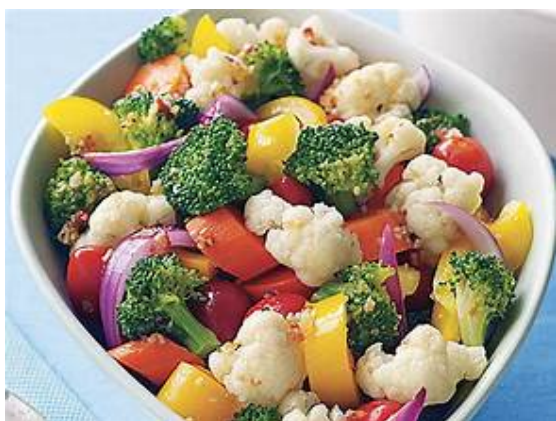


02.



Oatmeal

Has good nutrition and is suitable to be served sweet or salty



Salad

Salad contains fresh vegetables that are low in calories.

03.

04.



Chicken Meal

Chicken meat has little fat and good nutritional for a diet



Wheat Bread

Suitable as a replacement for carbohydrates in the morning

05.

