INSERT INTO BREAKFAST

VALUES (101, '2024-04-01', 'Oatmeal with berries');

INSERT INTO BREAKFAST

VALUES (102, '2024-04-02', 'Greek yogurt with honey and almonds');

INSERT INTO BREAKFAST

VALUES (103, '2024-04-03', 'Scrambled eggs with spinach and whole wheat toast');

INSERT INTO BREAKFAST

VALUES (104, '2024-04-04', 'Avocado toast with poached eggs');

INSERT INTO BREAKFAST

VALUES (105, '2024-04-05', 'Smoothie with banana, spinach, and almond milk');

INSERT INTO BREAKFAST

VALUES (106, '2024-04-06', 'Whole grain cereal with milk and sliced banana');

INSERT INTO BREAKFAST

VALUES (107, '2024-04-07', 'Peanut butter toast with sliced apple');

INSERT INTO BREAKFAST

VALUES (108, '2024-04-08', 'Vegetable omelette with whole grain toast');

INSERT INTO BREAKFAST

VALUES (109, '2024-04-09', 'Cottage cheese with pineapple and whole grain crackers');

INSERT INTO BREAKFAST

VALUES (110, '2024-04-10', 'Smoothie bowl with granola, berries, and coconut flakes');