A person eating food at a table

Description automatically generatedA person eating food at a table

Description automatically generatedA person looking at food on a table

Description automatically generatedA person eating food on a table

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DAY 5

12/12/244

DAY 3

12/10/24

Cut back on added sugars

Drink more water

Focus on vegetables

Eat less salt

Avoid processed meats

**HEALTHY EATING PRINCIPLES**

**APPLIED**

**A**

- 1 cup of rice

- 1 piece of chicken teriyaki

- 1 cup of chop suey

- 1 bottled water

**Healthy Eating Principles**

**• Avoid Processed Meats**

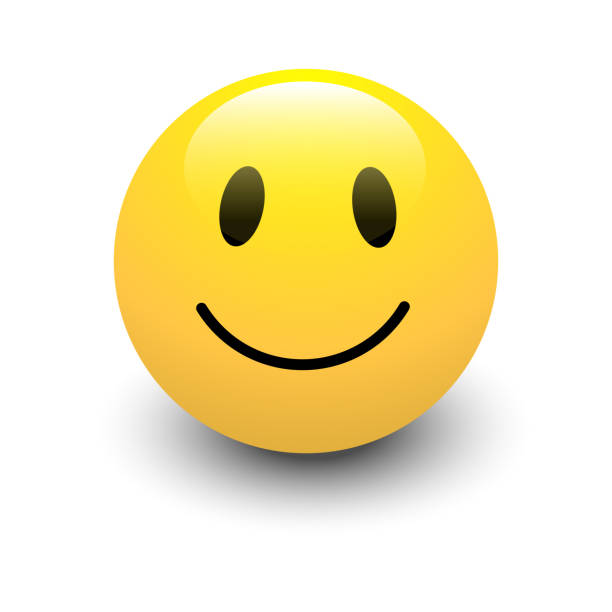
**• Cut back on added sugars**

**• Drink more water**

**• Focus on vegetables**

**• Eat less salt**

DINNER



LUNCH

- 1 cup of rice

- 1 bowl of bulanglang soup (It includes pumpkin, sweet potato leaves)

- 2x chicken chops

- 1 glass of water

**Healthy Eating Principles**

**• Avoid Processed Meats**

**• Cut back on added sugars**

**• Drink more water**

**• Focus on vegetables**

**• Eat less salt**

DAY 4

12/11/244

DINNER

- 1 cup of rice

- 1 tilapia

- 1 glass of water

**Healthy Eating Principles**

**• Avoid Processed Meats**

**• Cut back on added sugars**

**• Drink more water**

BREAKFAST

- 1 cup of rice

- 1 whole egg

- Half boneless bangus

- 1 glass of water

**Healthy Eating Principles**

**• Avoid Processed Meats**

**• Cut back on added sugars**

**• Drink more water**

DAY 1

12/8/244

DAY 2

12/9/244

LUNCH

- 1 cup of rice

- Tinola soup

- 1 ½ chicken

- 1 glass of water

**Healthy Eating Principles**

**• Avoid Processed Meats**

**• Cut back on added sugars**

**• Drink more water**

**• Focus on vegetables**

**• Eat less salt**