task.1 - make your breakfast protein+energy full and avoid too much sugars

[VAR1] choose from [ banana, cottage, orange, bread, cheese]

* If you get breadth+cheese, it’s okay but maybe too much fat
* if you get cottage+bread, it’s okay overall (cottage has low fat low salt)
* if you get banana+orange, then you lack protein

[VAR2] choose from [ egg, spinach, toast, turkey]

* If you get egg+spinach, it’s okay but maybe you will need vitamins
* if you get cottage+bread, it’s okay overall (cottage has low fat low salt)
* if you get banana+orange, then you lack protein

**\*Mommy-Tips**: In case you make poor choices, then Mom prompts you to add some protein to your snack (with an egg? will keep you full for hours?) or some fruits if you ignored vitamins

### task.2 tricks turn your snack meal into a balanced meal

### Use fiber-rich ingredients and toppings.

As mentioned throughout this article, there are a lot of healthy, high-fiber ingredients you can add or substitute in your batter, such as whole wheat flour, oats, pumpkin puree, flaxseed meal, and fresh or frozen berries.

### Add healthy fats to the batter or use as toppings.

Healthy fats that go well in or on top of pancakes include ingredients like avocado or olive oil, chia and flax seeds, nuts, and unsweetened nut butters.

### Include a source of lean protein on the side

To help keep you full without needing extra servings of pancakes, make sure to include a source of lean protein on the side. This can be as simple as a bowl of plain Greek yogurt with fresh fruit or a side of scrambled eggs.

**\*Mommy-Tips**: In case you chose protein-poor launch ingredients, then Mom prompts you to add some protein to your snack (make you sandwich with egg or turkey?)

task.3 - make your noon-lunch to be rich and balanced meal  
task.4 - make your dinner lighter because you’re going to sleep

**\*Mommy-Tips**: In case you had a heavy dinner, Mommy warns you to wait some time before sleep.