



A HEALTHY DIET TO LIVE BETTER

HEALTHY BREAKFAST

Option 1:



Toast with Iberian ham
and tomato



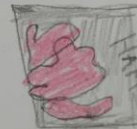
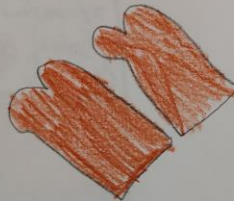
Natural orange juice

Healthy
Breakfast

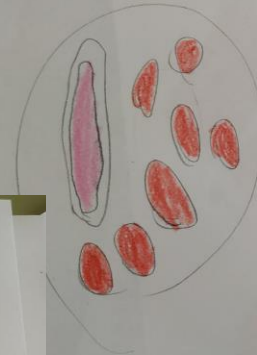
ORANGE
JUICE



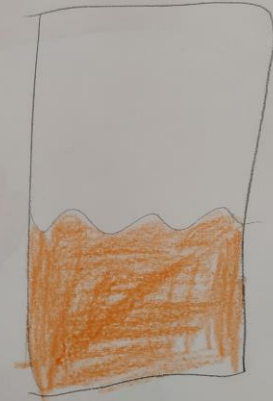
Healthy
Breakfast



Ham and tomato



Orange juice



Toast



Option 2:



Toast with fresh cheese
and avocado slices



Option 3:



Funny pancakes with
different fruits like
strawberries and bananas

YUMMY!



Healthy Breakfast

Fruits

- Pancakes
- Banana
- banana / strawberries



- Orange juice
- Toasts
- Ham and tomato



Healthy Breakfast

