





This week, I planned out healthy meals for each day to keep me energized and strong!



Monday:

Breakfast: whole wheat flatbread with olive oil and a boiled egg.

Lunch: grilled pepper and tomato salad with tuna and whole-grain bread.

Dinner: Grilled fish with bulgur and steamed vegetables.

Tuesday:

Breakfast: Smoothie with local fruits like dates and pomegranate with yogurt.

Lunch: Vegetable Couscous with chickpeas and carrots.

Dinner: Ojja with spinach and tomatoes, served with whole-wheat bread.

Wednesday:

Breakfast: Whole wheat bread with olive tapenade and a piece of fruit.

Lunch: a green stew with a small portion of lean meat and salad.

Dinner: Lentil soup with carrots, onions, and celery.

Thursday:

Breakfast: A glass of milk, a boiled egg, a spoonful of honey, a few dates, a bit of butter on whole-grain bread, a small portion of healthy jam and some natural yogurt

Lunch: a light broth with tomatoes and vegetables and a grilled chicken breast.

Dinner: Roasted cauliflower and chickpea salad with herbs and lemon.

Friday:

Breakfast: Milk with a bit of honey for sweetness, whole-grain bread with butter, a handful of dates, and a boiled egg.

Lunch: Grilled sardines with Tunisian salad of tomatoes, onions, and cucumbers .

Dinner: Bulgur pilaf with vegetables and a side of yogurt.

Saturday:

Breakfast: a traditional blend of ground grains and legumes with a bit of honey and almond milk.

Lunch: Lamb Couscous with lots of vegetables and a light portion of meat.

Dinner: Stuffed peppers with ground chicken and vegetables.

Sunday:

Breakfast: A glass of milk, scrambled eggs with herbs, whole-grain bread with a bit of butter and healthy jam, and a few dates.

Lunch: Grilled octopus with a side of mixed greens and lemon dressing.

Dinner: Vegetable stew with zucchini, carrots, and a small serving of whole-wheat bread.



Healthy Food :



Fruits and Vegetables: Rich in vitamins, minerals, and antioxidants (e.g., apples, spinach, carrots, berries.)

Whole Grains: Provide fiber, vitamins, and energy (e.g., oats, brown rice, whole-grain bread.)

Lean Proteins: Essential for muscle health and energy (e.g., chicken, fish, legumes, eggs.)

Healthy Fats: Help with brain function and heart health (e.g., olive oil, nuts, avocados.)

Dairy (in moderation): Provides calcium and protein (e.g., milk, yogurt, cheese.)

Nuts and Seeds: Good source of healthy fats, protein, and fiber (e.g., almonds, chia seeds, flaxseeds.)

Water and Herbal Teas: Essential for hydration and overall health.



Unhealthy Food :



Sugary Foods and Beverages: High in added sugars, which can lead to weight gain and health issues (e.g., soda, candies, sugary cereals.)

Refined Grains: Lacking in fiber and essential nutrients (e.g., white bread, pastries, white rice.)

Fried and Processed Foods: Often high in unhealthy fats and calories (e.g., chips, fast food, fried chicken.)

Processed Meats: Contain high amounts of salt and preservatives (e.g., sausage,, deli meats.)

Trans Fats and Saturated Fats: Linked to heart disease when consumed in excess (e.g., margarine, hydrogenated oils.)

Excess Salt: Can lead to high blood pressure and other health issues (found in many packaged foods and snacks.)

High-Calorie, Low-Nutrient Snacks: Often provide little nutritional value (e.g., cookies, cakes, ice cream.)

Balancing meals with mostly healthy foods and limiting unhealthy ones helps support long-term well-being.



"Hello my friends .

I feel so healthy because I make sure to eat foods that give me energy and help my body grow strong! Every day, I start with a nutritious breakfast like milk, dates, eggs, and some whole-grain bread with a bit of honey. These foods give me protein, vitamins, and natural sugars that keep me going through the day. I also try to drink lots of water, eat fruits and vegetables, and avoid too many sugary snacks. Plus, I stay active by playing sports and running around outside. Eating right and staying active helps me focus better in school and feel my best!"

