



GLUTEN FREE MENU

Buhan Ioana



BREAKFAST (155 calories)

For breakfast, I chose something simple but tasty. Gluten free bread with jam. You can eat this next to a cup of warm tea. You should try to toast the bread too, for a crunchy experience.





FIRST SNACK (160 calories)

For the first snack, between breakfast and lunch, I chose string cheese with dried fruit. It's very tasty, and it's gluten free.

LUNCH (943 calories)

For lunch, I chose a Romanian traditional dish. Ciorba de perișoare. It is a sour soup with meatballs. It's the gluten free recipe, and it tastes the same as the original one. It has lower calories too, perfect for the people who keep a diet. You can serve it with gluten free bread, or with nothing at all. It is delicious just like that.





SECOND SNACK (50 calories)

For the second snack, I chose the simple and delicious fruit salad that I think everyone knows about. You just cut many fresh fruits, then you put them in a bowl and mix them together. You can also add some yogurt or honey for an extra taste.

DINNER

(762 calories)

And the last meal for today, the dinner, I chose some rice with spinach, eggs and goat cheese. There are many recipes for this dish, including the one for people who keep a diet. I don't have a lot to say about this dish, but I know it's very tasty. It is like an explosion of flavours.





THE END

Thank you so much for paying attention to my presentation. I hope you enjoyed it, and that you liked the menu I presented. Have a wonderful day!