

# 推荐的健康一日三餐

早餐吃饱，中餐吃好，晚上吃少

## ● Breakfast



an egg



a piece of  
bread



a small  
cake



a glass of  
milk



some  
biscuits

## ● Lunch



a piece of steak



a plate of fish



chicken



meat



A bowl of noodles



A bowl of rice

## ● Dinner



some  
vegetables



A bowl of soup



some fruits