

Menu

Vegetable Soup
Bagel egg fashies sandwich with Salad at the Side
Cookie baked oats

Ingredients

Vegetable soup

1 medium onion

1 leek

2 medium sized carrots

2 sticks of celery

1 small turnip

1 clove of garlic

1 tsp of fresh parsley and thyme you can use dried but fresh always gives a better flavor

1 tsp of olive oil

Bagel egg rashes sandwich with salad at the side

1 bagel

1 egg

2 rashers

Green salad

Cookie baked oats

100-gram oats

100 ml milk

1 egg

half a banana

some dark chocolate chips

baked in oven at 175c for 20mins