



My diet

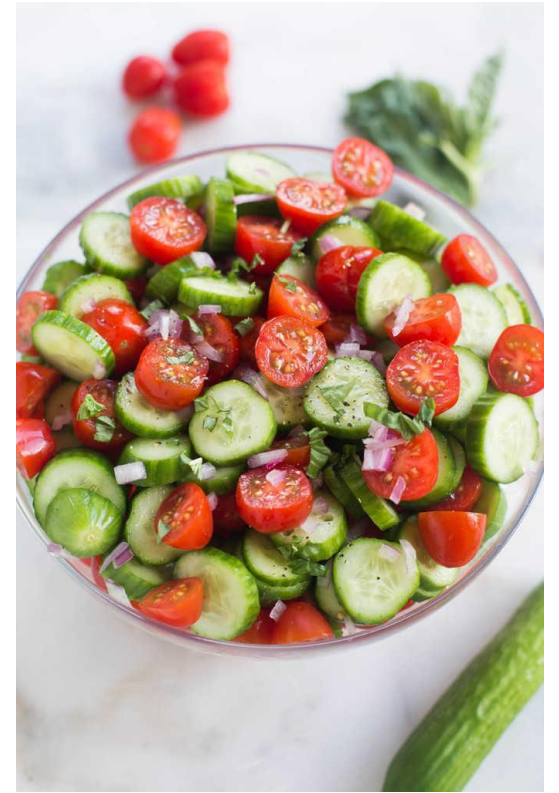
Ibdiminova Shakhniza





My breakfast

- Omelet with cheese or salad with tomatoes and cucumbers
- Atkyan tea





my snack

- Coffee
- chicken pot pie





my lunch

- soup
Solyanka
- Atkyan
tea





Between lunch and dinner

- Candy
- fruits





my dinner

- Manty with juice
- Atkyan tea

