

# MY FAVOURITE FOOD



For some food is a source of pleasure, for others - a source of energy. For me food - is a pleasant source of energy. I think that pleasant food is healthy food. To my mind healthy food should be quite simple. I eat complicated dishes only in restaurants. My daily meals consist of the same dishes every day.



First of all I would like to say that I do not eat animal meat at all. I prefer fish and other sea products.



So in the morning I usually have some cottage cheese with yoghurt



At  
dinner  
I have  
veget  
able  
soup,  
a  
salad  
and  
fried  
fish



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I do not have desserts, but only tea with lemon

For supper I have just a salad and then I eat fruit





I love all kinds of milk products, especially yoghurt, cottage cheese and cheese







As for sea products I love shrimps, salmon and trout



I like different kinds of salads, dressed with olive oil or sour cream. I also love all kinds of potato dishes



Well, of course, on weekends I want to try a new dish. If I have free time, I try to invent a new salad or find an interesting recipe



I do not buy in shops ready or semi-manufactured food products. It is better to spend some time cooking, than to have problems with overweight

