Zobaida/ Blk D/ Foods 10/ Sem 2

**Breakfast:**

**Avocado Toast with Creamy Soft Scrambled Egg**



This is a healthy avocado, radish, and scrambled egg toast with chopped chives on top.

[right click here and open hyperlink](https://www.foodnetwork.com/recipes/trisha-yearwood/avocado-toast-with-creamy-soft-scrambled-egg-3667942) to view the recipe on the website.

**Lunch:**

**Egg Omelette**



This omelette with tomatoes inside and garnishes on top is something nice to eat as a lunch. This is an easy to make recipe in 5 minutes.

[right click here and open hyperlink](https://www.simplyrecipes.com/recipes/how_to_make_an_omelet/) to view the recipe on the website.

**Dinner:**

**Garden Veggie Egg Bake**



This garden veggie egg bake has so many vegetables in it to make it healthy and is a great meal for dinner that you can make in 75 minutes.

[right click here and open hyperlink](https://everydaydishes.com/simple-food-recipes/garden-veggie-egg-bake/) to view the recipe on the website.