I’m searching for the best food around the world

I’ve been separating them in breakfast, lunch and dinner

For now, the best breakfast food I’ve seen is from Japan, they use really traditional recipes. The main ingredients are eggs, rice, seaweed and fish thanks to Japan’s location. Usually served with miso soup or a mixture of soy sauce.

For lunch we have Indian food, the mixture of dry spices and fresh vegetables and meat is really good. They use a lot of fruit too, it´s a really refreshing and filling meal. Usually served with bread, a lot of sauces and flatbread.

Lastly but not least we have Italian food for dinner, the pastas are pretty easy to make and not so time consuming unlike the other two. Not only pastas but also bread with a wide variety of chesses, pickled vegetables and ham which gives the option of having a light or heavy meal.