

Ernährungsplan

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------------------------|--------|----------|----------|------------|---------|---------|---------|
| Frühstück | | | | | | | |
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| Mittagessen | | | | | | | |
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| Abendessen | | | | | | | |
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| Zwischen- mahlzeiten | | | | | | | |
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