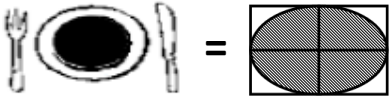


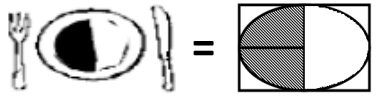
GRIGLIA DELLE PORZIONI

COME COMPILARE LA GRIGLIA:

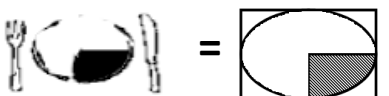
4 spicchi (tutto)



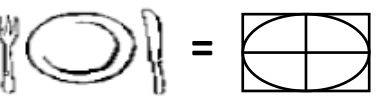
2 spicchi (1/2)

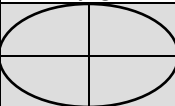
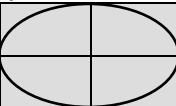
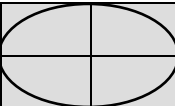
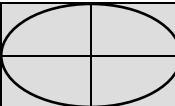
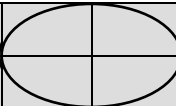
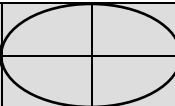
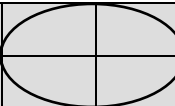
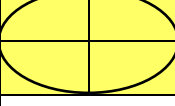
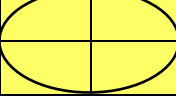
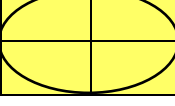
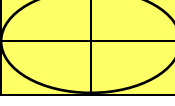
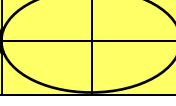
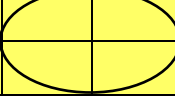
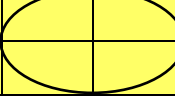
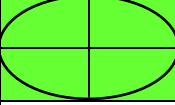
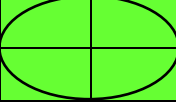
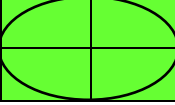
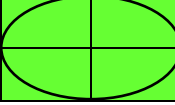
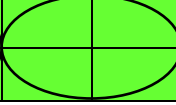
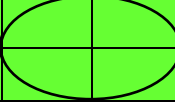
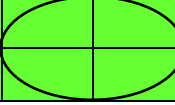
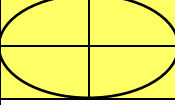
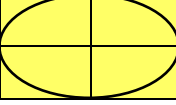
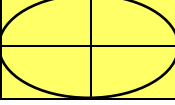
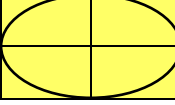
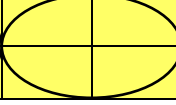
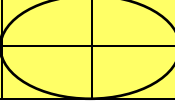
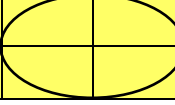
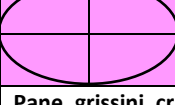
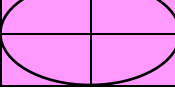
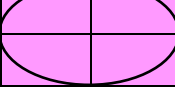
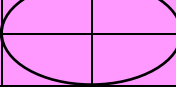
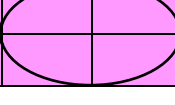
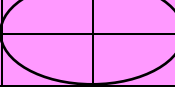
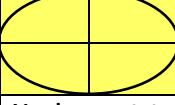
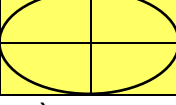
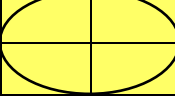
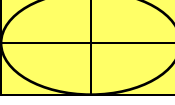
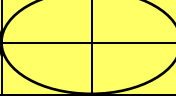
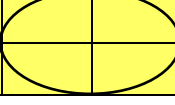
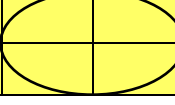
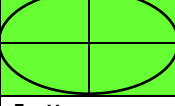
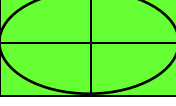
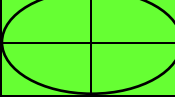
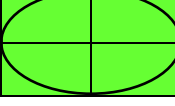
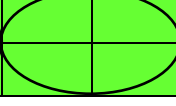
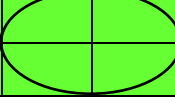
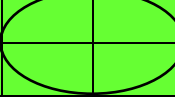
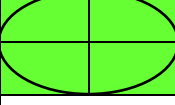
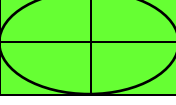
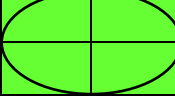
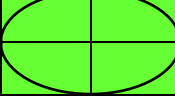
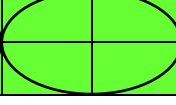
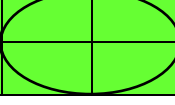
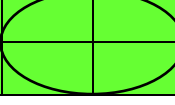
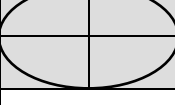
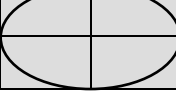
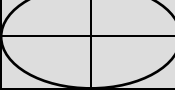
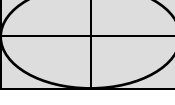
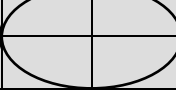
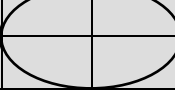
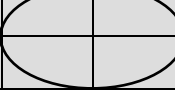
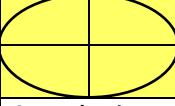
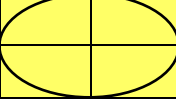
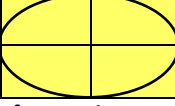
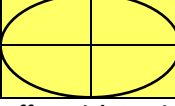
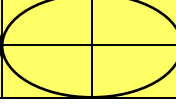
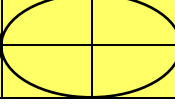
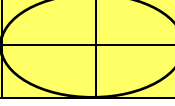
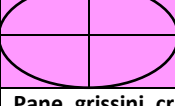
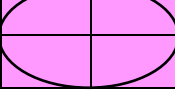
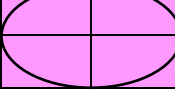
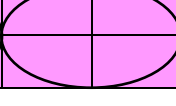
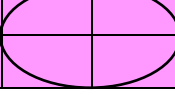
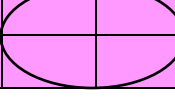
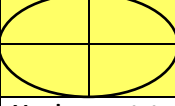
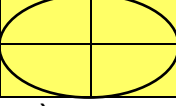
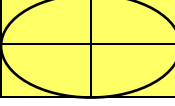
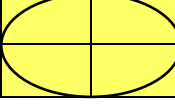
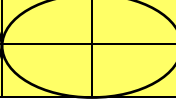
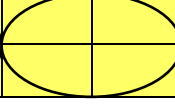
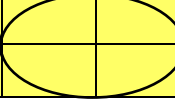
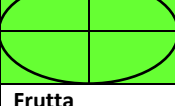
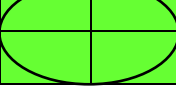
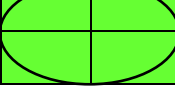
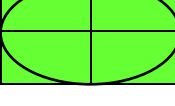
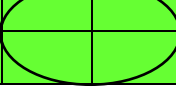
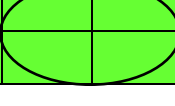
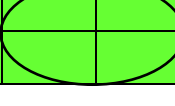
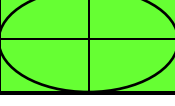
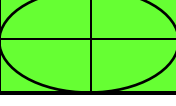
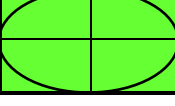
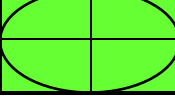
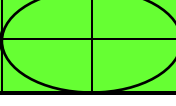
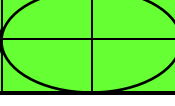
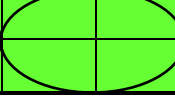


1 spicchio (1/4)



0 spicchi (nulla)



	1°Giorno	2°Giorno	3°Giorno	4° Giorno	5°Giorno	6°Giorno	7° Giorno	Spicchi colorati della settimana
COLAZIONE	Latte, yogurt, cappuccino							
								
								
SPUNTINO	Frutta							
								
PRANZO	Primo piatto, come pasta, riso, tortellini, pasticcio etc.							
								
								
								
								
								
MERENDA	Latte, yogurt, cappuccino							
								
CENA	Primo piatto, come pasta, riso, tortellini, pasticcio etc.							
								
								
								
								
								

SOMMA SPICCHI DELLA SETTIMANA:

TOTALE GRIGIO =
TOTALE GIALLO =
TOTALE VERDE =
TOTALE ROSA =