

# Mein Essensplan

DATUM: \_\_\_\_\_

MONTAG

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KALORIEN GESAMT: \_ \_ \_ \_ \_

MITTWOCH

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KALORIEN GESAMT: \_ \_ \_ \_ \_

FREITAG

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KALORIEN GESAMT: \_ \_ \_ \_ \_

SONNTAG

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KALORIEN GESAMT: \_ \_ \_ \_ \_

DIENSTAG

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KALORIEN GESAMT: \_ \_ \_ \_ \_

DONNERSTAG

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KALORIEN GESAMT: \_ \_ \_ \_ \_

SAMSTAG

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KALORIEN GESAMT: \_ \_ \_ \_ \_

NOTIZEN

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EINKAUFLISTE

