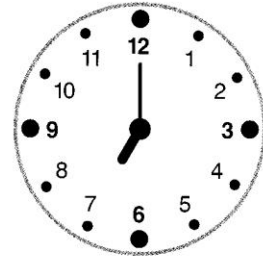


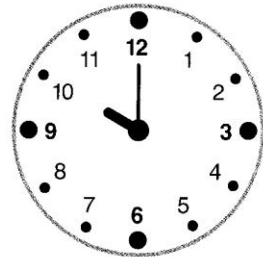
# Stell dir dein eigenes Essen zusammen

## Nimm den Ernährungskreis zu Hilfe

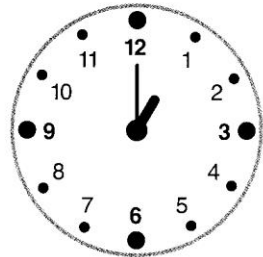
Frühstück \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



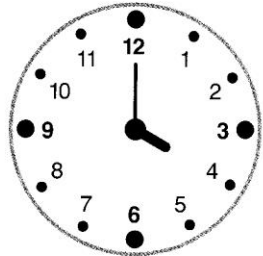
Pause \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Mittagessen \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Pause \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Abendessen \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

