

# LANCHEIRA



# DA SEMANA

SEGUNDA

Blank area for planning the Monday snack.

TERÇA

Blank area for planning the Tuesday snack.

QUARTA

Blank area for planning the Wednesday snack.

QUINTA

Blank area for planning the Thursday snack.

SEXTA

Blank area for planning the Friday snack.

COMPRAR

|                          |       |                          |       |
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FAZER

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