

# ALIMENTAÇÃO SEMANAL

## CARDÁPIO DA SEMANA

### SEGUNDA-FEIRA

Café da Manhã

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Almoço

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Café da Tarde

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Janta

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Tome água



### TERÇA-FEIRA

Café da Manhã

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Almoço

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Café da Tarde

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Janta

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Tome água



### QUARTA-FEIRA

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Tome água



### QUINTA-FEIRA

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Tome água



### SEXTA-FEIRA

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Tome água



### SÁBADO

Café da Manhã

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Almoço

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Café da Tarde

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Janta

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Tome água



### DOMINGO

Café da Manhã

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Almoço

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Café da Tarde

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Janta

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Tome água



### JEJUM DA SEMANA

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### CONTROLE DE PESO



Altura: \_\_\_\_\_

#### Dados Iniciais

Peso: \_\_\_\_\_

Data: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

IMC: \_\_\_\_\_

Classificação: \_\_\_\_\_

#### Meta

Peso: \_\_\_\_\_

Data: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

IMC: \_\_\_\_\_

Classificação: \_\_\_\_\_

#### Seus Dados

Peso Atual: \_\_\_\_\_

IMC: \_\_\_\_\_

Classificação: \_\_\_\_\_