














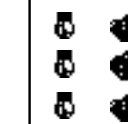























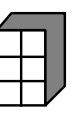









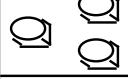



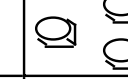
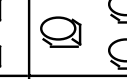
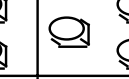
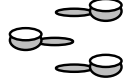
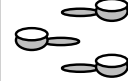
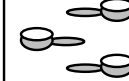
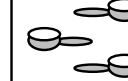
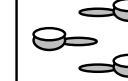
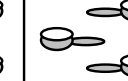
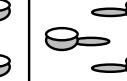
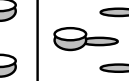


NAMN:

	dag	dag	dag	dag	dag	dag	dag	dag
Motion 30-40 min per dag								

R = smal och nyttig mat 4 = mat som ger dig övervikt

Frukost	R 4	R 4	R 4	R 4	R 4	R 4	R 4	R 4
Lunch	R 4	R 4	R 4	R 4	R 4	R 4	R 4	R 4
Eftermiddag	R 4	R 4	R 4	R 4	R 4	R 4	R 4	R 4
Kvällsmål	R 4	R 4	R 4	R 4	R 4	R 4	R 4	R 4

Grönsaker och rotfruk- ter 6 hg									R I K T I G
Obegränsat tillåtna grönsaker									
Frukt									
Potatis 150 g									
6 dl mjölk eller ost									M A T
Protein 100-200 g									
Bröd etc.									
3 tsk matfett									

Giftig fettsvulstsframkallande mat för gödning

Smörgås									K
Kaffebröd									N
Snask									A
Alkohol									R
Övrigt för mycket									K