









Date:

	MEAL-BOX 1	MEAL-BOX 2	MEAL-BOX 3	
	Handful 1 + 2	Handful 1 + 2	Handful 1 + 2	Most important elements in the diet
	Handful 3	Handful 3	Handful 3	
	Handful 4	Handful 4	Handful 4	
	Fat	Fat	Fat	
	Dairy product	Dairy product	Dairy product	Optional elements
	Dairy dressing	Dairy dressing	Dairy dressing	
Optional snack between meals				
Flavourings				







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	MEAL-BOX 1	MEAL-BOX 2	MEAL-BOX 3	
	Handful 1 + 2	Handful 1 + 2	Handful 1 + 2	Most important elements in the diet
	Handful 3	Handful 3	Handful 3	
	Handful 4	Handful 4	Handful 4	
	Fat	Fat	Fat	
	Dairy product	Dairy product	Dairy product	Optional elements
	Dairy dressing	Dairy dressing	Dairy dressing	
Optional snack between meals				
Flavourings				







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	Handful 3	Handful 3	Handful 3	
	Handful 4	Handful 4	Handful 4	
	Fat	Fat	Fat	
	Dairy product	Dairy product	Dairy product	Optional elements
	Dairy dressing	Dairy dressing	Dairy dressing	
Optional snack between meals				
Flavourings				



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	MEAL-BOX 1	MEAL-BOX 2	MEAL-BOX 3	
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	Handful 3	Handful 3	Handful 3	
	Handful 4	Handful 4	Handful 4	
	Fat	Fat	Fat	
	Dairy product	Dairy product	Dairy product	Optional elements
	Dairy dressing	Dairy dressing	Dairy dressing	
Optional snack between meals				
Flavourings				

