

DIARIO ALIMENTARE DI _____

SEDE DI _____

TOTALE STELLE _____



	Colazione	Spuntino	Pranzo	Merenda	Cena	
Lunedì						carboidrati ○○○○○○○○○○○ ○○○○○○○○○○○○ grassi ○○○○ proteine ○○○○○○○○○○○○○○ latticini ○○ frutta ○○○ verdura ○○○○ acqua ○○○○○○○○○○ attività fisica _____
Martedì						carboidrati ○○○○○○○○○○○○ ○○○○○○○○○○○○ grassi ○○○○ proteine ○○○○○○○○○○○○○○ latticini ○○ frutta ○○○ verdura ○○○○ acqua ○○○○○○○○○○ attività fisica _____
Mercoledì						carboidrati ○○○○○○○○○○○○ ○○○○○○○○○○○○ grassi ○○○○ proteine ○○○○○○○○○○○○○○ latticini ○○ frutta ○○○ verdura ○○○○ acqua ○○○○○○○○○○ attività fisica _____

	Colazione	Spuntino	Pranzo	Merenda	Cena
Giovedì					
Venerdì					
Sabato					
Domenica					

carboidrati ○○○○○○○○○○○
 ○○○○○○○○○○○
grassi ○○○○
proteine ○○○○○○○○○○○○○○
latticini ○○
frutta ○○○ **verdura** ○○○○
acqua ○○○○○○○○○
attività fisica _____

carboidrati ○○○○○○○○○○○
 ○○○○○○○○○○○
grassi ○○○○
proteine ○○○○○○○○○○○○○○
latticini ○○
frutta ○○○ **verdura** ○○○○
acqua ○○○○○○○○○
attività fisica _____

carboidrati ○○○○○○○○○○○
 ○○○○○○○○○○○
grassi ○○○○
proteine ○○○○○○○○○○○○○○
latticini ○○
frutta ○○○ **verdura** ○○○○
acqua ○○○○○○○○○
attività fisica _____

carboidrati ○○○○○○○○○○○
 ○○○○○○○○○○○
grassi ○○○○
proteine ○○○○○○○○○○○○○○
latticini ○○
frutta ○○○ **verdura** ○○○○
acqua ○○○○○○○○○
attività fisica _____
