

# KOSTSCHEMA v.1

## MATSMART 4v. 2023

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Davidsson®

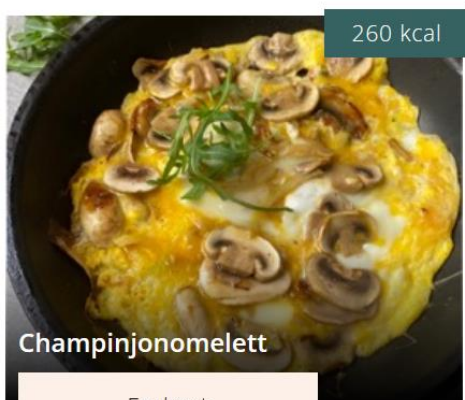
MÅNDAG 1195 kalorier



TISDAG 509 kalorier



ONSDAG 1228 kalorier



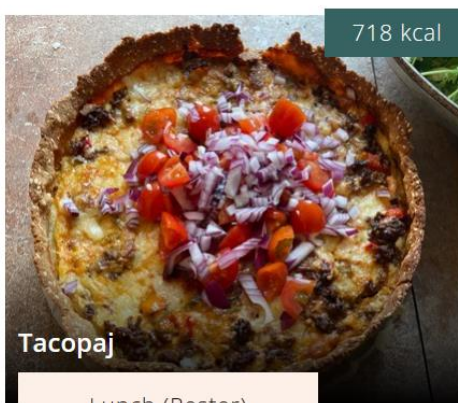
**TORS DAG** 575 kalorier



**FREDAG** 1404 kalorier



**LÖRDAG** 1155 kalorier





Frukost



Lunch (Rester)



Middag



Egenbakat