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| **Zeit** | **Mo** | | | **Di** | | **Mi** | | **Do** | | **Fr** | | **Sa** | | **So** |
| morgens  Frühstück | |  |  | |  | |  | |  | |  | |  | |
| Zwischen-mahlzeit | |  |  | |  | |  | |  | |  | |  | |
| Mittag-essen | |  |  | |  | |  | |  | |  | |  | |
| Zwischen-mahlzeit | |  |  | |  | |  | |  | |  | |  | |
| Abend-  essen | |  |  | |  | |  | |  | |  | |  | |
| Später Snack | |  |  | |  | |  | |  | |  | |  | |