

# PLANO SEMANAL DE REFEIÇÕES COM ALMOÇO BENTO

Semana de \_\_\_\_\_

	Segunda	Terça	Quarta	Quinta	Sexta
Pequeno-almoço					
Almoço/Bento	<div style="display: flex; justify-content: space-between;"> <span>Proteínas</span> <span>Hidratos de carbono</span> </div> <div style="text-align: center; border: 1px solid black; border-radius: 50%; padding: 5px; margin: 10px 0;">Frutas e Snacks</div> <div style="text-align: center;">Vegetais</div>	<div style="display: flex; justify-content: space-between;"> <span>Proteínas</span> <span>Hidratos de carbono</span> </div> <div style="text-align: center; border: 1px solid black; border-radius: 50%; padding: 5px; margin: 10px 0;">Frutas e Snacks</div> <div style="text-align: center;">Vegetais</div>	<div style="display: flex; justify-content: space-between;"> <span>Proteínas</span> <span>Hidratos de carbono</span> </div> <div style="text-align: center; border: 1px solid black; border-radius: 50%; padding: 5px; margin: 10px 0;">Frutas e Snacks</div> <div style="text-align: center;">Vegetais</div>	<div style="display: flex; justify-content: space-between;"> <span>Proteínas</span> <span>Hidratos de carbono</span> </div> <div style="text-align: center; border: 1px solid black; border-radius: 50%; padding: 5px; margin: 10px 0;">Frutas e Snacks</div> <div style="text-align: center;">Vegetais</div>	<div style="display: flex; justify-content: space-between;"> <span>Proteínas</span> <span>Hidratos de carbono</span> </div> <div style="text-align: center; border: 1px solid black; border-radius: 50%; padding: 5px; margin: 10px 0;">Frutas e Snacks</div> <div style="text-align: center;">Vegetais</div>
	Jantar				
Snacks					
Notas	Restos/staples			Lista de compras	
	Notas				