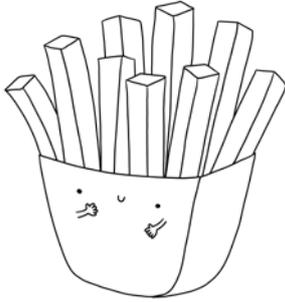
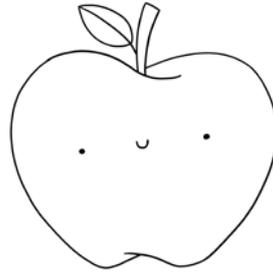


MANGIARE SANO

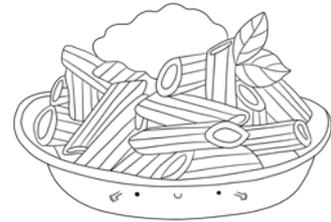
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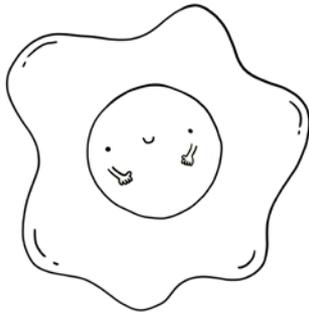
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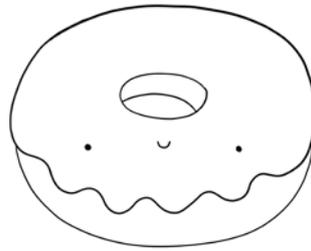
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PASTA



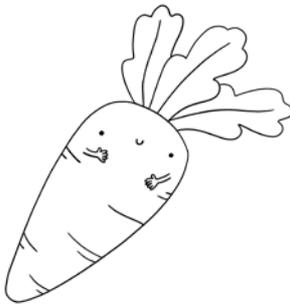
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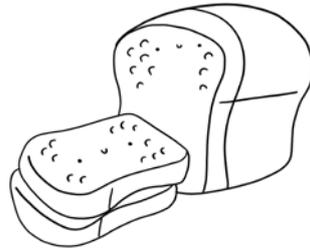
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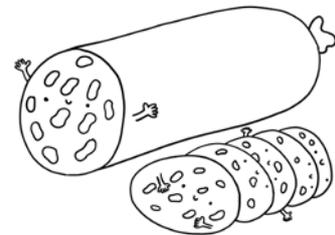
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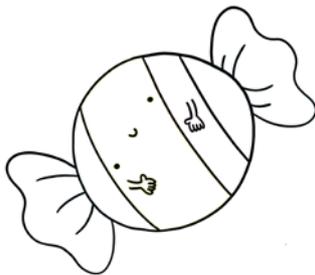
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PANE



SALAME



CARAMELLA



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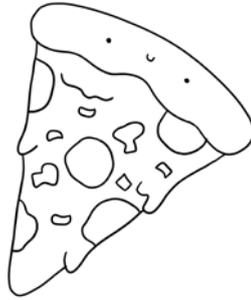
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I NUTRIENTI

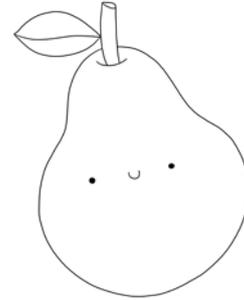
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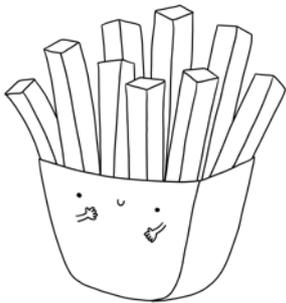
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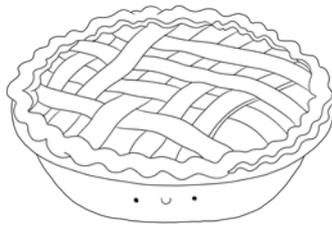
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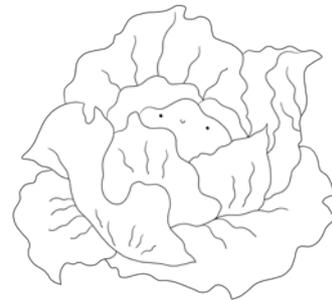
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PATATINE



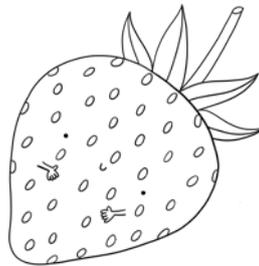
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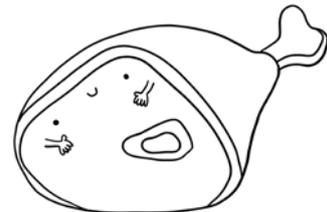
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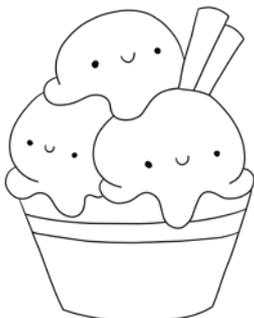
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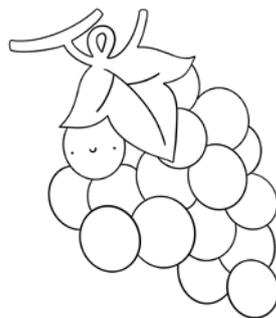
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PROSCIUTTO



GELATO



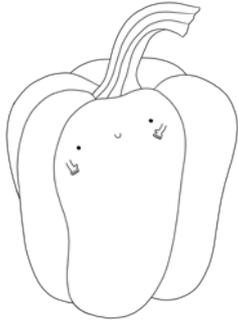
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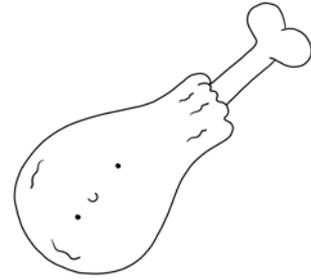
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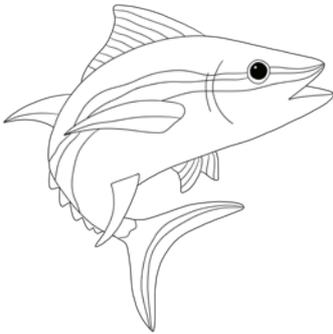
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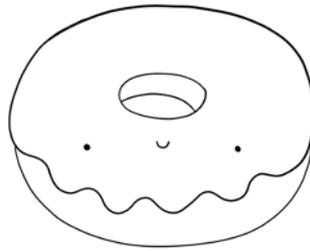
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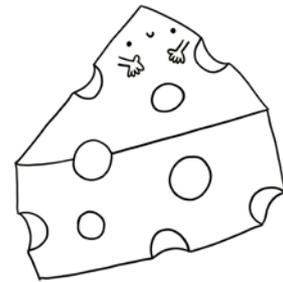
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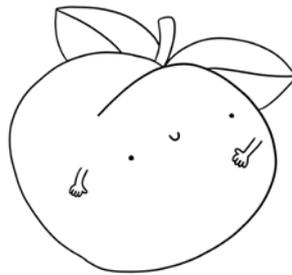
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FORMAGGIO



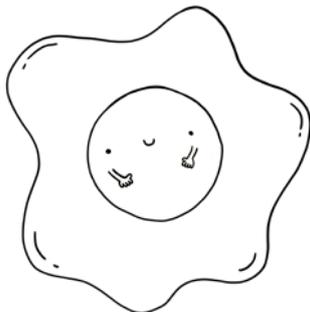
CARNE ROSSA



PESCA



OLIO



UOVO



YOGURT



SALE

I NUTRIENTI

- CERCHIA I CIBI RICCHI DI CARBOIDRATI O ZUCCHERI.



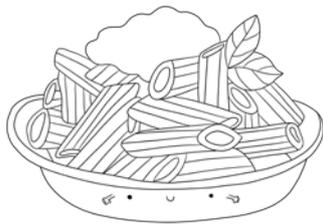
PATATE



MAIS



CARNE ROSSA



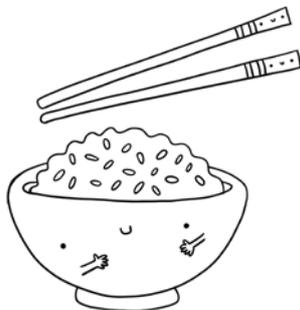
PASTA



POMODORO



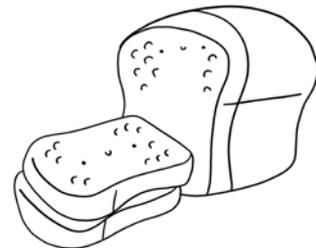
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RISO



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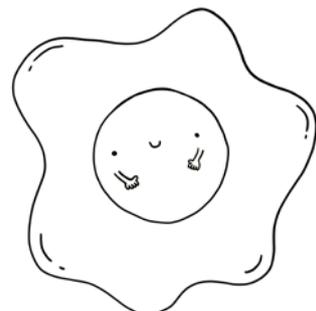
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BURRO



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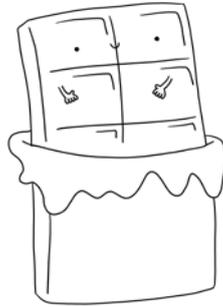
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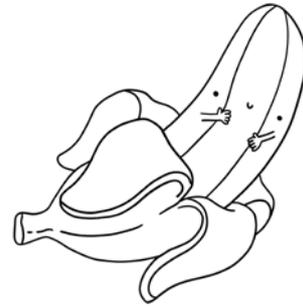
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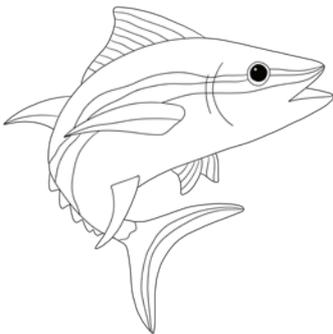
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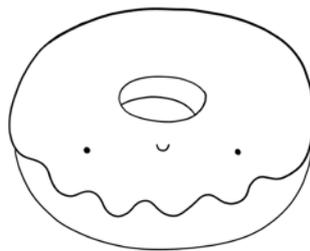
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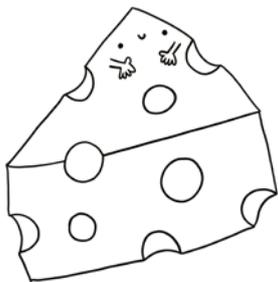
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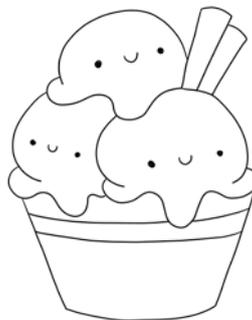
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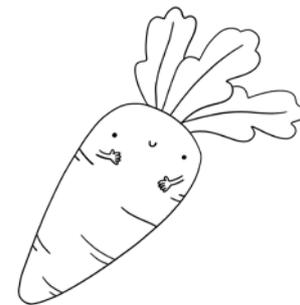
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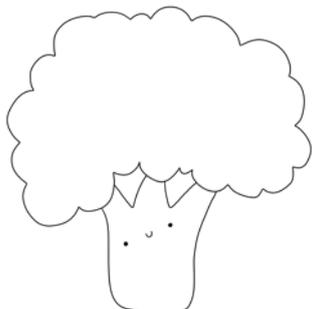
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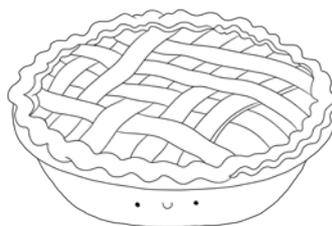
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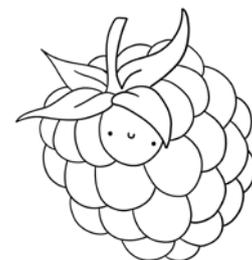
CAROTA



BROCCOLO



CROSTATA



LAMPONE