

# cardápio semanal



DANI NOCE  
@NOCEDANIELLE

	café da manhã	almoço	café da tarde	jantar
segunda-feira				
terça-feira				
quarta-feira				
quinta-feira				
sexta-feira				
sábado				
domingo				

# ingredientes da semana

segunda-feira	terça-feira	quarta-feira	quinta-feira	sexta-feira	sábado	domingo
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
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