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| |  | | --- | | PLANIFICATOR  ZILNIC | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | DATĂ | |  | | |  |  |  |  | | --- | --- | --- | --- | | BEA! | | | | |  |  |  |  | |  |  |  |  | | |
| |  | | --- | | Lista | | |  |  |  | | --- | --- | --- | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | |  |  |  | | | | |  |  | | --- | --- | | Ce se mănâncă? | | |  |  | |  |  | |  |  | |  |  | |  |  | |
| |  |  | | --- | --- | | Note importante | | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |
| |  | | --- | | Trebuie să cumpărați | |  | | | |  | | --- | | Activitatea fizică | |  | |
| |  | | --- | | Petrecut | |  | | |  | | --- | | 3 gânduri pozitive ale zilei | |  | | |