



Planner VIVA+ 60+


DATA: _____







JAN | FEV | MAR | ABR | MAI | JUN | JUL | AGO | SET | OUT | NOV | DEZ

Segunda __/__/__


 _____


 _____


 _____







     

Terça __/__/__


 _____


 _____


 _____







     

Quarta __/__/__


 _____


 _____


 _____







     

Quinta __/__/__


 _____


 _____


 _____







     

Sexta __/__/__


 _____


 _____


 _____







     

Sábado __/__/__


 _____


 _____


 _____







     

Domingo __/__/__

 _____

 _____

 _____

Lista Essencial da Semana

Hortifruti

- Alface ou rúcula
- Tomate
- Cenoura
- Banana
- Laranja

Proteínas

- Ovos
- Peito de frango
- Peixe

Base da Alimentação

- Farelo de aveia
- Arroz
- Feijão ou lentilha
- Pão integral

Complementos

- Iogurte natural
- Azeite de oliva
- Chia ou linhaça



Gratidão da Semana:
