



## DIETA LEMME: il menù settimanale

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Colazione: tacchino e caffè

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Cena: pesce spada e caffè

### 3°, 4° e 7° GIORNO

Colazione: pasta olio e peperoncino e caffè

Pranzo: petto di pollo e caffè

Cena: sogliola e caffè

### 5° e 6° GIORNO

Colazione: carciofi e caffè

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# Dieta Lemme

**N Noddings**



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