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| **Naam:**  | **Fruit**  | **Groenten**  | **Vlees** **Vis** **Ei**  | **Melk** **Yoghurt** **Kaas**  | **Olie** **Boter**  | **Water** **Koffie** **Thee** **Ranja**  | **Brood** **Crackers**  | **Aardappelen** **Pasta** **Noodels** **Rijst**  |
| JufVb. | Manderijn Banaan | Peertjes\*  | Vis  | 3x Kaas 1x Melk  |  | 3x water 3x thee 1x ranja | 3x brood 2x cracker | 1x aardappel |
| Wo | Appel  |  |  |  |  |  |  |  |
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| **Naam:**  | **Fruit /groente**  | **Vlees Vis Ei Melk Yoghurt** **Kaas** | **Olie** **Boter**  | **Water** **Koffie** **Thee** **Ranja**  | **Brood Aardappelen** **Pasta Noodels** **Rijst Crackers**  |
| Voorbeeld  | III | IIII |  | IIII II | IIII I |
| Woensdag |  |  |  |  |  |
| Donderdag  |  |  |  |  |  |
| Vrijdag  |  |  |  |  |  |
| Zaterdag |  |  |  |  |  |
| Zondag  |  |  |  |  |  |
| Maandag  |  |  |  |  |  |
| Dinsdag  |  |  |  |  |  |

Hoe vaak per schijf?