

Journal Alimentaire de la Semaine



Date:	Date:	Date:
Liquides: 	Liquides:	Liquides:
<u>Déjeuner (:)</u>	<u>Déjeuner (:)</u>	<u>Déjeuner (:)</u>
<u>Collation (:)</u>	<u>Collation (:)</u>	<u>Collation (:)</u>
<u>Diner (:)</u>	<u>Diner (:)</u>	<u>Diner (:)</u>
<u>Collation (:)</u>	<u>Collation (:)</u>	<u>Collation (:)</u>
<u>Souper (:)</u>	<u>Souper (:)</u>	<u>Souper (:)</u>
<u>Collation (:)</u>	<u>Collation (:)</u>	<u>Collation (:)</u>
Exercices:	Exercices:	Exercices:
Humeur: ☺ ☹ ☹	Humeur: ☺ ☹ ☹	Humeur: ☺ ☹ ☹
Notes:  	Notes:  	Notes:  

Date:	Date:	Date:	Date:
Liquides:	Liquides:	Liquides:	Liquides:
<u>Déjeuner (:)</u>			
<u>Collation (:)</u>			
<u>Diner (:)</u>			
<u>Collation (:)</u>			
<u>Souper (:)</u>			
<u>Collation (:)</u>			
Exercices:	Exercices:	Exercices:	Exercices:
Humeur: ☺ ☹ ☹			
Notes: 👍 👎	Notes: 👍 👎	Notes: 👍 👎	Notes: 👍 👎