









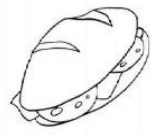













**THE WEEK OF THE HEALTHY SNACK**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A slice of cake Or Fruit or Fruitsalad water</p>     	<p>Yogurt or Fruit Or Carrots or Fennels Or A roll with tomatoes Or A roll with oil and salt Or A roll with jam water</p>     	<p>Yogurt  Or Fruitsalad or A roll with tomatoes Or A roll with oil and salt Or A roll with jam water</p>     	<p>Biscuits Or Tarallini Or Breadsticks Or Crostini Or a toast with cheese and baked ham water</p>     	<p>A roll with tomatoes Or A roll with oil and salt Or A roll with jam  Or Fruitsalad water</p> 