

# PLANNER

UMA AJUDINHA

*para se  
organizar!*



LAURA NAÔMI  
— NUTRICIONISTA —

📷 @NUTRILAURANAOMI

# MEU DIA

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DATA

SEG TER QUA QUI SEX SAB DOM

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*organizando  
meu dia!*

## PRIORIDADES

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## ANOTAÇÕES

Blank area for notes.

## OBJETIVOS

Blank area for objectives.

### MANHÃ

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### TARDE

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### NOITE

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# METAS DA SEMANA

SEGUNDA FEIRA

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TERÇA FEIRA

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QUARTA FEIRA

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QUINTA FEIRA

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SEXTA FEIRA

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SABÁDO

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# LISTA DE COMPRAS

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# RECEITA

NOME DA PREPARAÇÃO: \_\_\_\_\_

INGREDIENTES:

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**FOOD!!!**

MODO DE PREPARO:

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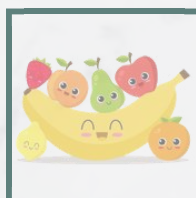


# ANÁLISE DE CONSUMO DE FRUTAS

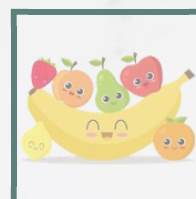
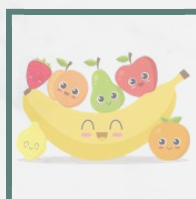
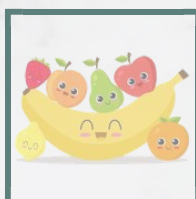
CONSUMA FRUTAS 2 A 3X AO DIA

*peelo menos 400g ao dia*

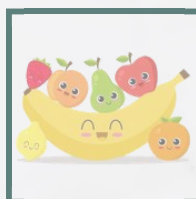
SEGUNDA  
FEIRA



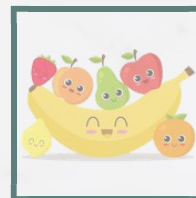
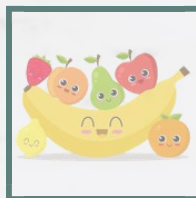
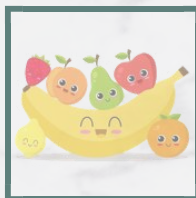
TERÇA  
FEIRA



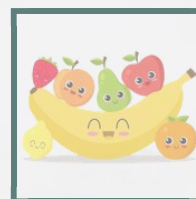
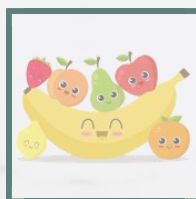
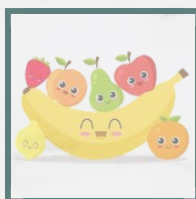
QUARTA  
FEIRA



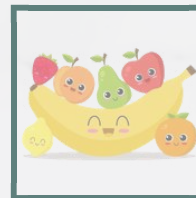
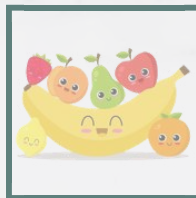
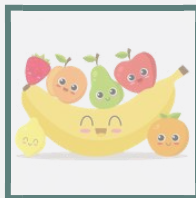
QUINTA  
FEIRA



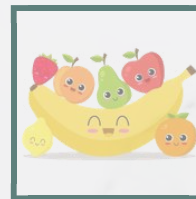
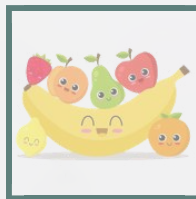
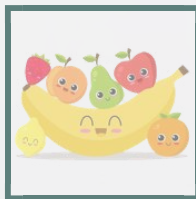
SEXTA  
FEIRA



SABÁDO



DOMINGO





# ANÁLISE DO CONSUMO DE VEGETAIS

CONSUMA LEGUMES E VERDURAS  
PELO MENOS 2X AO DIA

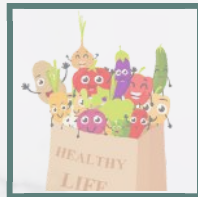
SEGUNDA  
FEIRA



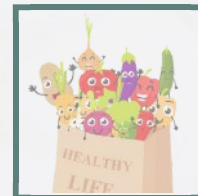
TERÇA  
FEIRA



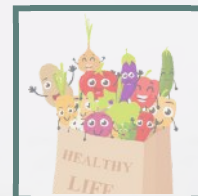
QUARTA  
FEIRA



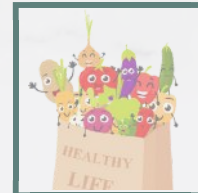
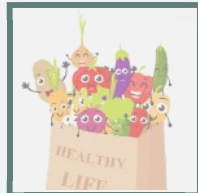
QUINTA  
FEIRA



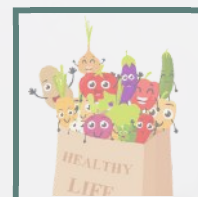
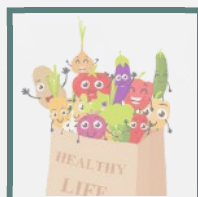
SEXTA  
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SABÁDO



DOMINGO





# IGESTÃO DE ÁGUA

BEBA PELO MENOS 10 COPOS DE 200ML DE ÁGUA POR DIA



SEGUNDA  
FEIRA



TERÇA  
FEIRA



QUARTA  
FEIRA



QUINTA  
FEIRA



SEXTA  
FEIRA



SABÁDO



DOMINGO



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NUTRICIONISTA

@NUTRILAURANAOMI