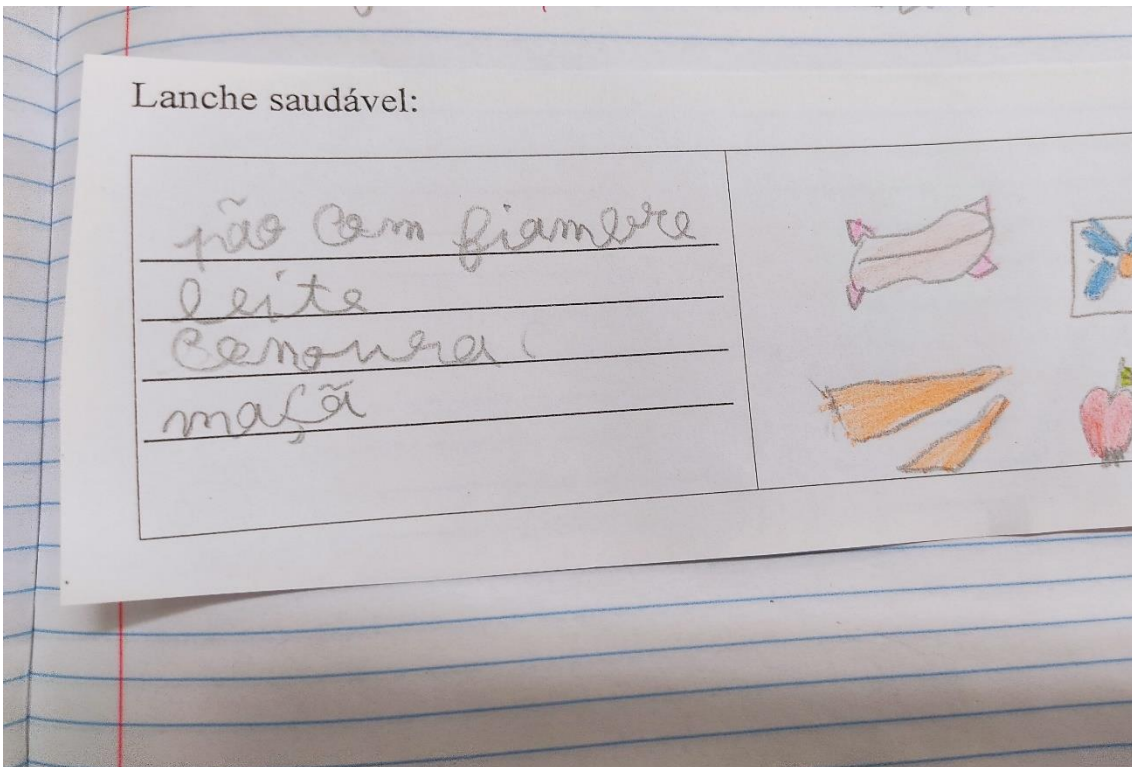
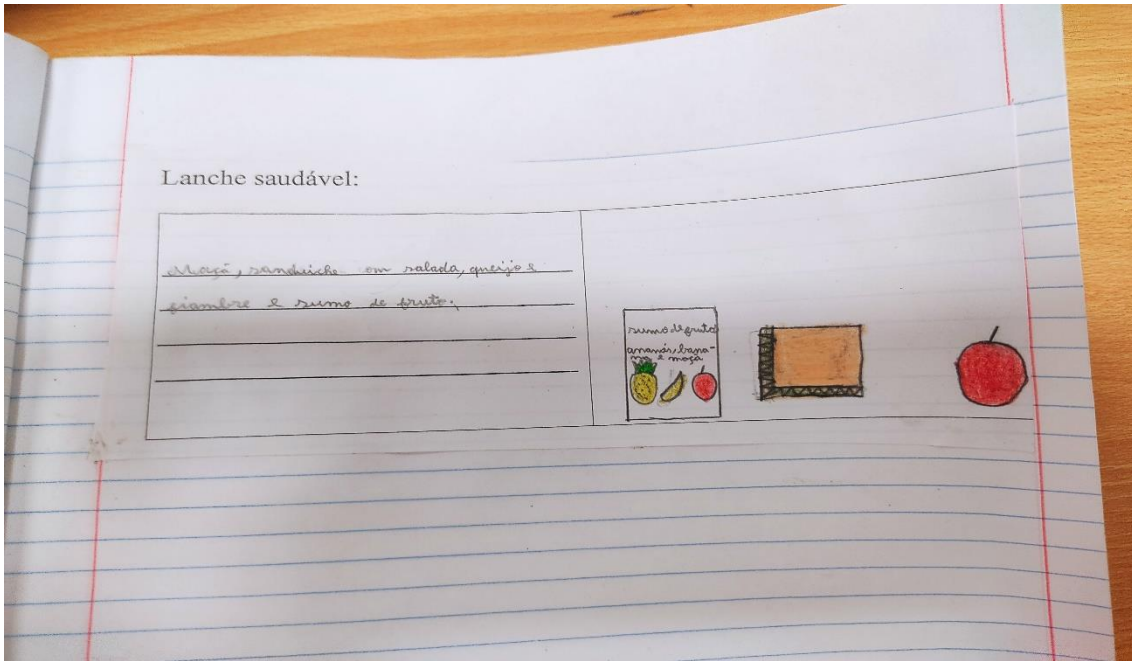
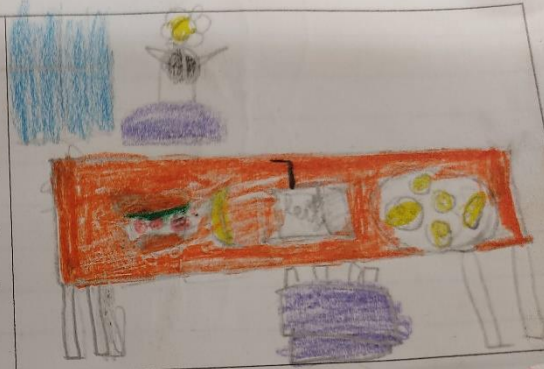


Sugestões de lanches saudáveis



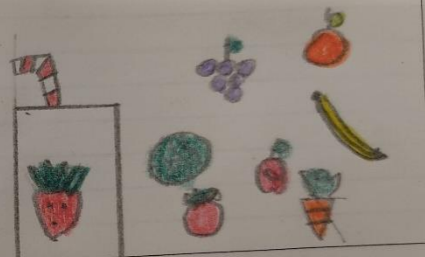
Lanche saudável:

sanduíche de abacate e tomate.
de leite.
bolachinha maria.
banana



Lanche saudável:

sumo de morango.
uva, maçã e banana.
couve e tomate.
cenoura e laranja.



Lanche saudável:

sanduíche

água

maçã

cenoura

alfafa

