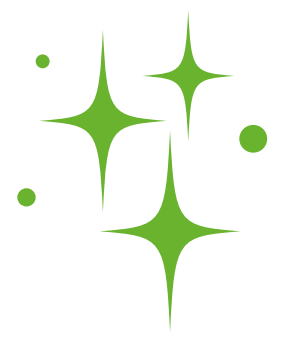


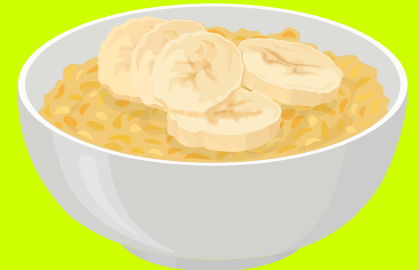
# Päivän ateriat



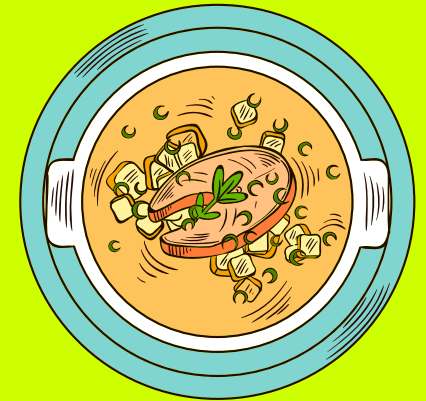
**Elimistömme tarvitsee ruokaa tasaisin väliajoin, joten kannattaa syödä 3-4 tunnin välein.**



Aamupala



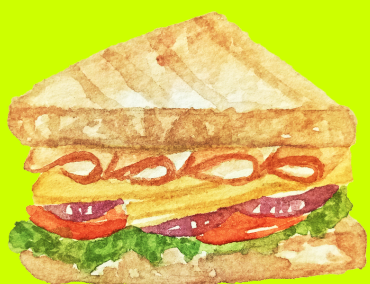
Lounas



Välipala



Päivällinen



Iltapala

