

# SEPTEMBER

Autumn is quiet, in this season you can calm down to taste the life of each section

# INDEX

9月

月誌

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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飲食

M	T	W	T	F	S	S	notes
		1	2	3	4	5	
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20	21	22	23	24	25	26	
27	28	29	30				

9月		目錄		早餐	熱量(kcal)	午餐	熱量(kcal)	晚餐	熱量(kcal)
1	W								
2	T								
3	F								
4	S								
5	S								
6	M								
7	T								
8	W								
9	T								
10	F								
11	S								
12	S								
13	M								
14	T								
15	W								
16	T								
17	F								
18	S								
19	S								
20	M								
21	T								
22	W								
23	T								
24	F								
25	S								
26	S								
27	M								
28	T								
29	W								
30	T								





































































