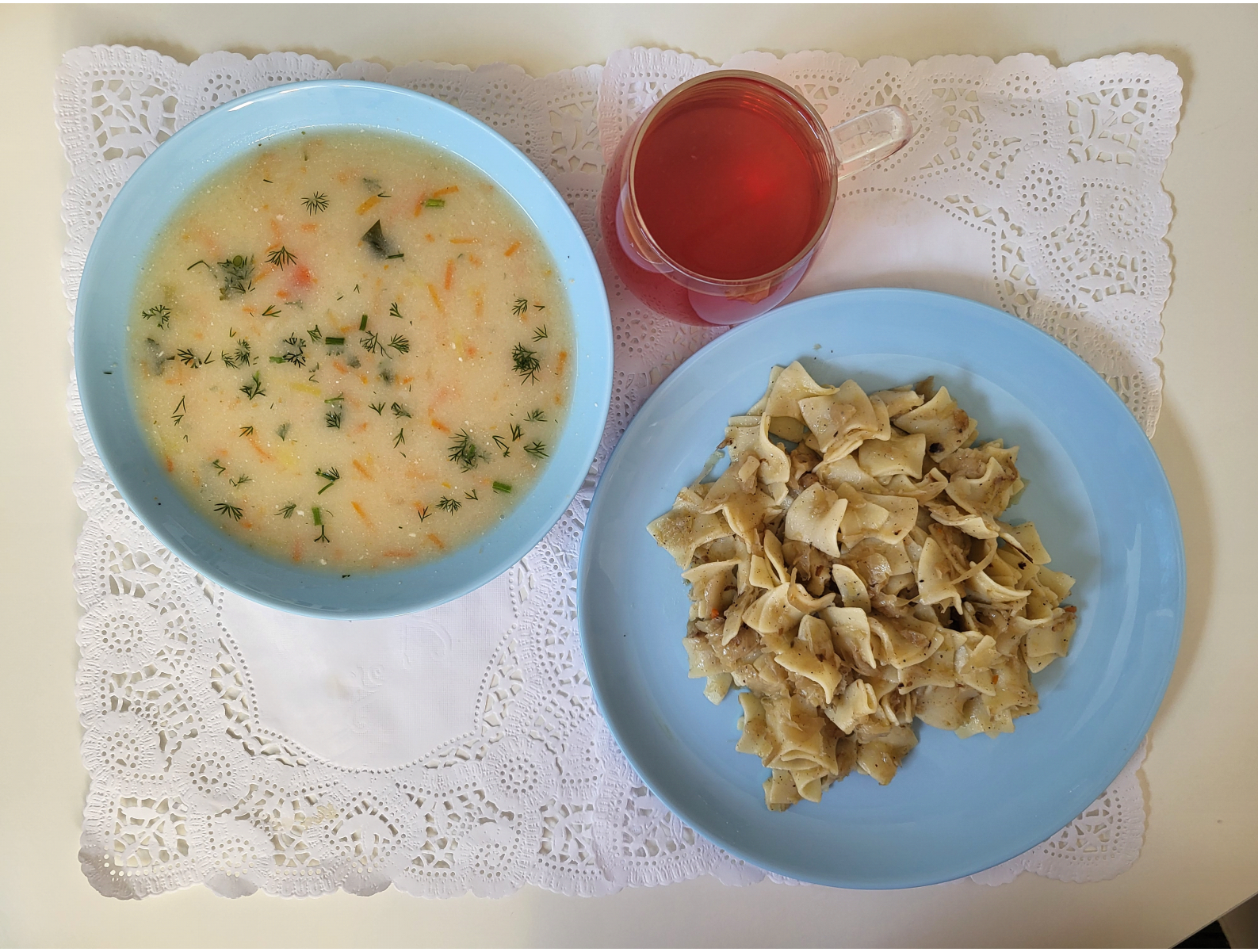
Śniadanie

dieta łatwostrawna

Obiad

dieta podstawowa