

2024年 5月

健康ボリューム食
夕食



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Table with 7 columns (Day) and 2 rows (Meal Description and Energy/Calorie). Includes a '宅配123' logo in the top-left cell. The table lists daily meal plans from May 1st to May 31st, including ingredients like 'ごはん 170g 込み', '鶏肉の黒酢あん', 'ささげのお浸し', etc., and corresponding energy and calorie values.