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| **Blutzucker**  **nüchtern**  **Jeweils 2 Stunden** | | | | | | |
| **Datum** | **Frühstück** | | **Mittagessen** | | **Abendessen** | |
|  | **Vor** | **Nach** | **Vor** | **Nach** | **Vor** | **Nach** |
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