



# Visegrad Fund



Akademickie Liceum  
Ogólnokształcące Politechniki Śląskiej  
w Rybniku



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# Fit here, healthy there, let's do it together



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**01** Fit here, healthy there, let's do it together  
Január | January | Janvier | Styczeń

**Vegetarian Spaghetti**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**02** Fit here, healthy there, let's do it together  
Február | February | Février | Luty

**Healthy Banana Pancakes**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						

**03** Fit here, healthy there, let's do it together  
Március | March | Mars | Marzec

**Chocolate chia pudding**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**04** Fit here, healthy there, let's do it together  
Április | April | Avril | Kwiecień

**Healthy Carrot Cake**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**05** Fit here, healthy there, let's do it together  
Május | May | Mai | Maj

**Healthy Honey Oatmeal Cookies**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**06** Fit here, healthy there, let's do it together  
Június | June | Juin | Czerwiec

**Falafel**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**07** Fit here, healthy there, let's do it together  
Július | July | Juillet | Lipiec

**Healthy Ice Cream**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**08** Fit here, healthy there, let's do it together  
Augusztus | August | Août | Sierpień

**Watermelon Smoothie**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**09** Fit here, healthy there, let's do it together  
Szeptember | September | Septembre | Wrzesień

**Coffee Mousse**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**10** Fit here, healthy there, let's do it together  
Október | October | Octobre | Październik

**Penne arrabiata**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**11** Fit here, healthy there, let's do it together  
November | November | Novembre | Listopad

**Salad Sandwich**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**12** Fit here, healthy there, let's do it together  
December | December | Décembre | Grudzień

**Matcha Latte**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Partners:



Rybnik

