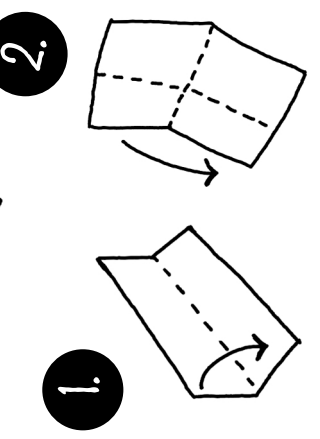


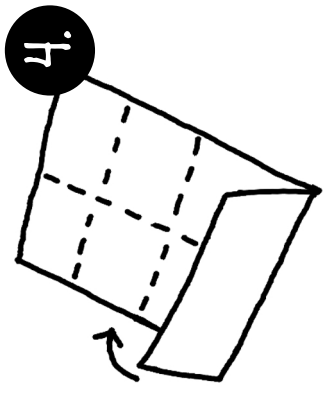
av samnallund.se

# VÄL VIKT!

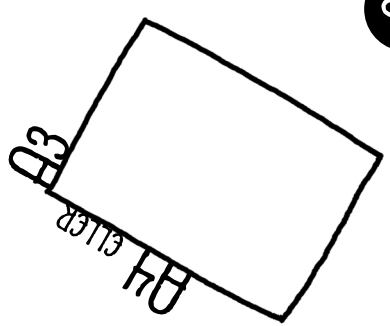
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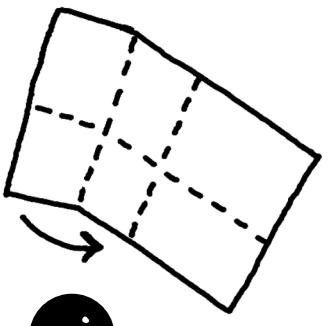
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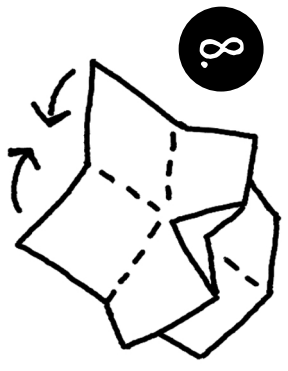
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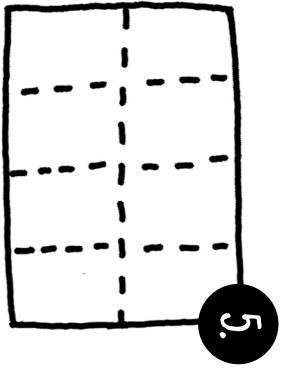
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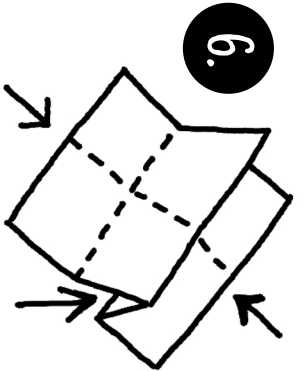
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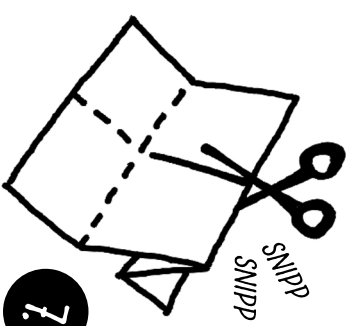
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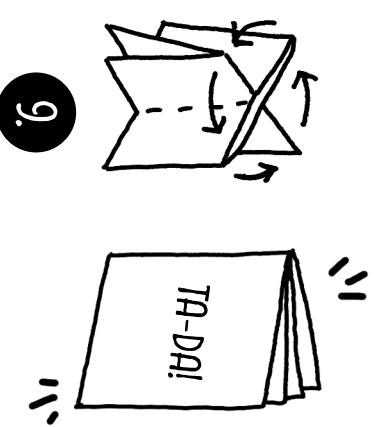
7.



8.

### SIDFÖRDELNING

|   |   |   |   |
|---|---|---|---|
| 9 | 5 | 4 | 3 |
| B | F | 1 | 2 |



9.

**Fyll ditt zine med**  
 RECEPT | UTMANINGAR | TIPS  
 INTERVJUER | MANIFEST  
 MINNEN | FOTOGRAFIER  
 CITAT | REPORTAGE | DRÖMMAR  
 RECENSIONER | GÅTOR | SPEL  
 BREV | DAGBOKSANTECKNINGAR  
 ILLUSTRATIONER | HYLLNINGAR  
 DIKTER | KARTOR | SAMTAL  
 LISTOR | FRÅGOR | KOLLAGE  
 GUIDER | FAKTA | MISSTAG  
 KORSORD | BERÄTTELSE