

A middle-aged man with a balding head and a wide smile is the central figure. He is wearing a bright red polo shirt. He is seated at a white table. In front of him is a white plate with a breaded fish fillet, several small yellow potatoes, and a dollop of yellow sauce. To the left of the plate is a white bowl filled with shredded orange carrots and green herbs. To the right of the plate is a glass of water with ice cubes. In the foreground, there is a white mug and another glass. In the background, other people are visible, including a woman in a red and black striped shirt and another woman with dark curly hair. A sign with the word "NÖDU" is partially visible in the background. The overall setting appears to be a casual dining area.

Efter SuperBraiga  
Adventskalendern tog vi tag  
i en lista på IKEA.  
Passade på att Luncha lite.

BILLY



IKEA  
paket!





När vi ändå passerade  
Hälsan så kunde vi lika  
gärna köra ett  
**styrkepass.....**  
Tyckte i alla fall Jag!





Vi körde  
mitt Nya  
Fredde-  
pass som  
håller hög  
Puls!



Tunga Dips!



Tungt  
Tungt!!



Å så lite till!!!





Stretch! Betyder Snart Dusch!  
**Å i morgon Träningsvärk.....**  
**I alla fall för Ernst... :-)**  
**HÄRLIGT!!**





Snart hemma.  
Bara en liten biltvätt också.





En Billy är  
Alltid en  
Billy!  
Hur  
användbar  
som helst!



Fest!  
Gunns  
Mandel-  
musslor!

