IN EACH GRID, SHADE SOME OF THE CELLS.
NO NUMBER STAYS TWICE IN A ROW OR A COLUMN.
SHADED CELLS NEVER TOUCH BY A SIDE.
ALL THE OTHER CELLS STAY CONNECTED.

7	5	2	3	4	1	6
1	6	6	3	5	4	1
6	4	2	2	2	3	5
1	3	7	1	6	1	4
5	1	3	6	2	6	2
7	6	5	5	5	2	3
4	6	5	6	3	7	5

4	6	3	7	7	2	6
3	5	6	6	7	4	6
5	6	7	4	1	3	1
1	7	4	2	3	5	4
7	4	2	3	1	6	7
3	3	7	6	3	1	7
1	2	4	3	6	5	5

3	3	5	6	2	6	6
6	4	5	5	7	3	2
7	2	3	6	2	7	4
5	6	2	4	1	7	3
3	5	2	6	3	6	4
2	1	2	3	6	1	7
3	3	6	2	4	1	6

7	3	5	7	4	5	2
2	5	3	3	7	4	1
7	1	2	5	3	3	3
7	6	4	7	2	5	3
4	7	3	6	5	2	5
7	4	3	1	1	3	7
3	2	7	4	5	1	3