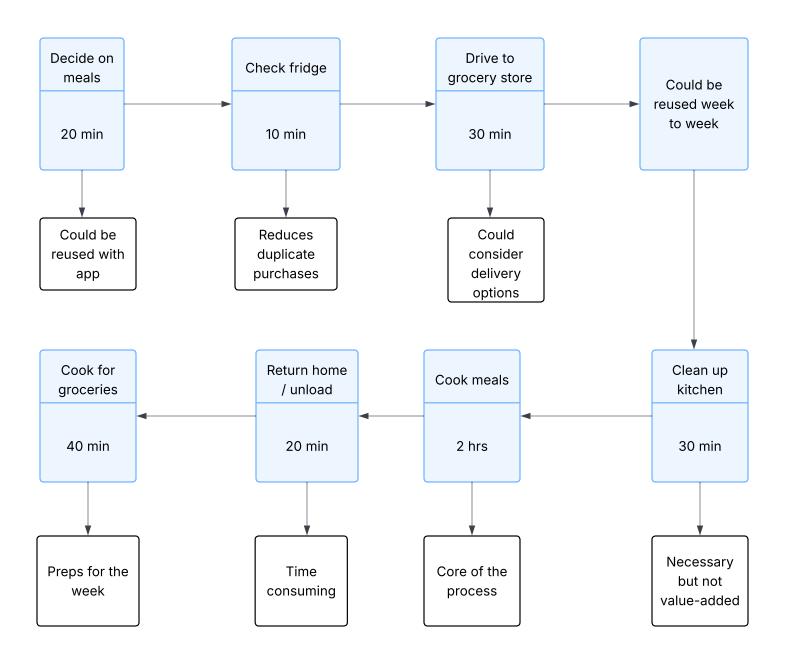
WEEKLY MEAL PREPARATION



Step	Time Spent	Value-Added (Y/N)	Notes
Decide on meals	20 min	N	Could be relised week
20 mn	15 min	Υ	Could automate with app
N	30 min	Y	Preps for the week