



CARDÁPIOS PRONTOS

1

MELINA GUEDES GODOY

Week 1 Monday: Grilled Chicken with Salad

Week 1 Tuesday: Baked Fish with Vegetables

QUINTA-FEIRA

SEXTA-FEIRA

SEMANA 1

Butcher:
- Chicken
- Fish
Grocery:
- Rice
- Beans

SEMANA 2

Produce:
- Tomato
- Lettuce
Dairy:
- Cheese
- Milk

SEMANA 3

SEMANA 4



LISTA DE COMPRAS

1

MELINA GUEDES GODOY

	AÇOUGUE	MERCEARIA	HORTIFRUTI	FRIOS
SEMANA 1				
SEMANA 2				
SEMANA 3				
SEMANA 4				