

# WeekMenu

Meal	Recipe	Book	Page	Comments
Sat. lunch	Avoine Naturalia	Other	0	
Sat. dinner				
Sun. lunch				
Sun. dinner				
Mon. lunch				
Mon. dinner				
Tue. lunch				
Tue. dinner				
Wed. lunch				
Wed. dinner				
Thu. lunch				
Thu. dinner				
Fri. lunch				
Fri. dinner				

# Shop list

Shop point	Total	Unit	Ingredient
Supermarché (0)	4	UN	Avoine Naturalia