

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