



MADPLAN



Uge:




Man

Meal plan grid for Monday with icons: pumpkin, carrot, bowl of rice, pumpkin, carrot.


Tir

Meal plan grid for Tuesday with icons: grapes, apple, pear, grapes, apple.


Ons

Meal plan grid for Wednesday with icons: basket of fruit, banana, sliced orange, basket of fruit, banana.


Tor

Meal plan grid for Thursday with icons: apple, carrot, leafy vegetable, apple, carrot.


Fre

Meal plan grid for Friday with icons: bowl of soup, nut, bowl of soup, bowl of soup, nut.


Lør

Meal plan grid for Saturday with icons: watermelon slice, nut, watermelon slice, watermelon slice, nut.


Søn

Meal plan grid for Sunday with icons: watermelon slice, nut, coffee cup, watermelon slice, nut.



Meal plan grid for Sunday with icons: strawberry, banana, covered dish, strawberry, banana.

