



MADPLAN



Uge:

Mandag

Blank area for Monday's meal plan.

Tirsdag

Blank area for Tuesday's meal plan.

Onsdag

Blank area for Wednesday's meal plan.

Torsdag

Blank area for Thursday's meal plan.

Fredag

Blank area for Friday's meal plan.

Lørdag

Blank area for Saturday's meal plan.

Søndag

Blank area for Sunday's meal plan.

Noter

Blank area for notes.

Indkøb

Blank area for shopping list.