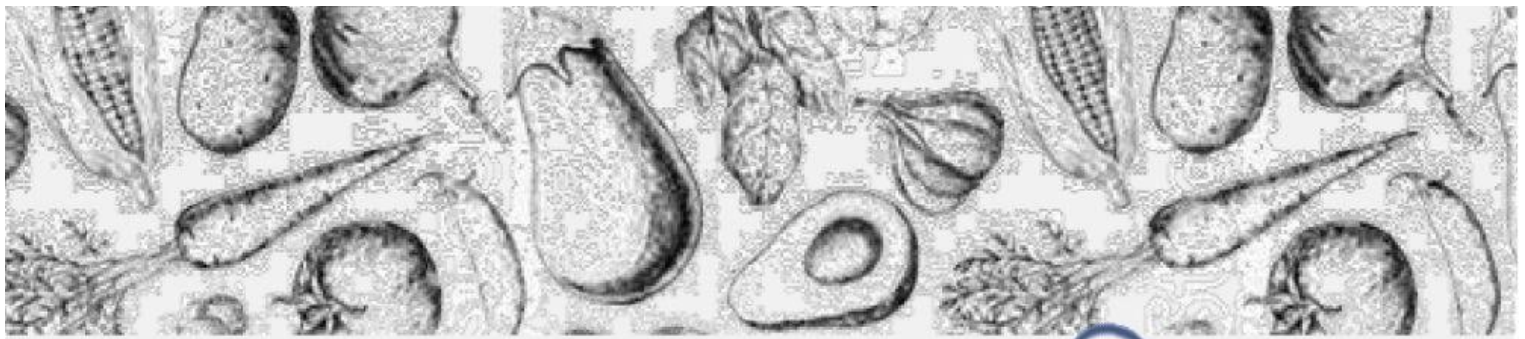




MEAL PLAN

WEEK OF _____ TO _____

Monday

Breakfast

Ham toast, orange juice or coffee



Lunch

Hasselback potatoes with cheese and bacon



Dinner

Choose one by yourself



SHOPPING DAY

Containers and measurements

Ingredientes for breakfast

A bag of oranges, a pack of coffee, 250 grams of ham

Ingredientes for lunch

Ingredientes for dinner