



# MADPLAN



UGE: \_\_\_\_\_

DATO FRA: \_\_\_\_\_

TIL: \_\_\_\_\_

ANTAL PERSONER: \_\_\_\_\_

DAG	MORGENMAD	FROKOST	AFTENSMAD	SNACKS	NOTER
MANDAG ♡					_____ _____ _____
TIRSDAG ♡					_____ _____ _____
ONSDAG ♡					_____ _____ _____
TORSDAG ♡					_____ _____ _____
FREDAG ♡					_____ _____ _____
LØRDAG ♡					_____ _____ _____
SØNDAG ♡					_____ _____ _____

## INDKØBSLISTE

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## MADVARER VI HAR

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## HUSK AT...

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## MÅLTIDSFORBEREDELSE

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## NOTER

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