

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
PRANZO	 uova	 formaggi	 legumi	 pesce	 carne	 legumi	 carne
CENA	 legumi	 pesce	 carne	 legumi	 uova	 formaggi	 pesce
NOTE	Nota per la cucina: prepara tripla porzione di legumi da congelare	Nota per la spesa: comprare porzione in più di pesce da surgelare	Nota per la spesa: comprare doppia porzione di carne da congelare	Nota per la cucina: scongela porzione di pesce		Nota per la cucina: scongela porzione di legumi	



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