

# Menù settimanale Lista della spesa

**L**

pranzo  
snack  
cena

**M**

pranzo  
snack  
cena

**M**

pranzo  
snack  
cena

**G**

pranzo  
snack  
cena

**V**

pranzo  
snack  
cena

**S**

pranzo  
snack  
cena

**D**

pranzo  
snack  
cena

Frutta e verdura

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Biscotti/snack/succhi

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Cereali/farine/latticini

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Pesce/Carne/Uova

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Altro (selfcare)

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Note

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