

ESSENSPLAN

WOCHE: _____

MONTAG



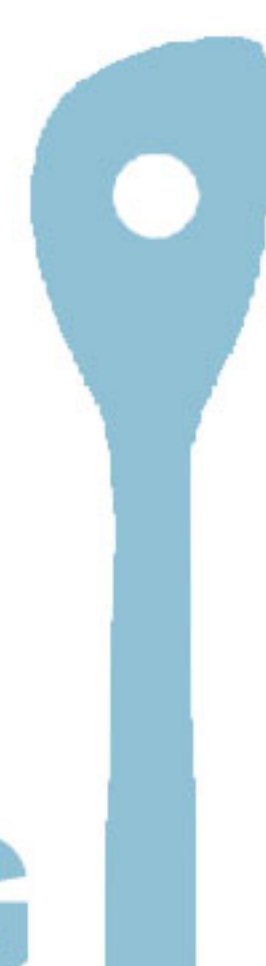
DIENSTAG



MITTWOCH



DONNERSTAG



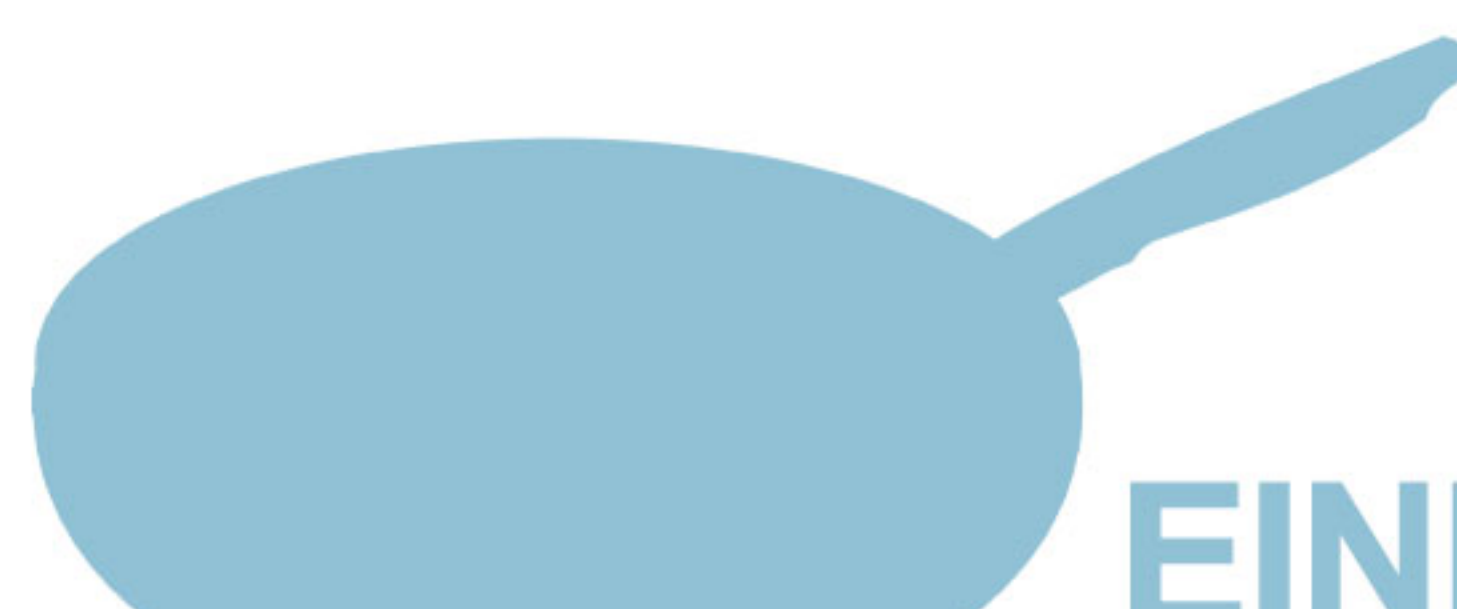
FREITAG



SAMSTAG



SONNTAG



EINKAUFLISTE