

US

MEAL PLAN TEMPLATE

WEEKLY MEAL PLANNER

someka

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Category	Meal	Portion
Salads	Avocado salad	15
Soup	Pumpkin soup	10
Main course	Roast pump...	2
Salads	Cesar salad	15
Breakfast	Pancakes	20

Category	Meal	Portion
Salads	Cesar salad	2
Soup	Pumpkin soup	5
Main course	Parmigiana	4

Category	Meal	Portion
Salads	Cesar salad	1
Main course	Roast pump...	3

Category	Meal	Portion
Breakfast	Pancakes	2
Soup	Pumpkin soup	2

Ingredients List

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Category	Ingredient	Qty
Vegetables	Tomatoes	4.13 kg
Meat	Pancetta	0.75 kg
Vegetables	Avocado	9.38 pcs
Vegetables	Green Salad	3.75 pcs
Basic Ingredients	Olive oil	0.46 l
Fruits	Lemon	1.13 kg
Vegetables	Red onion	1.5 kg

Category	Ingredient	Qty
Vegetables	Tomatoes	0.85 kg
Meat	Pancetta	0.1 kg
Vegetables	Avocado	0.25 pcs
Vegetables	Green Salad	0.5 pcs
Vegetables	Pumpkin	1.25 kg
Spices & Herbs	Sage	0.01 kg
Dairy	Butter	0.23 kg

Category	Ingredient	Qty
Vegetables	Tomatoes	0.13 kg
Meat	Pancetta	0.05 kg
Vegetables	Avocado	0.13 pcs
Vegetables	Green Salad	0.25 pcs
Basic Ingredients	Flour	0.38 kg
Dairy	Eggs	3.57 pcs
Vegetables	Pumpkin	0.47 kg

Category	Ingredient	Qty
Vegetables	Pumpkin	0.5 kg
Spices & Herbs	Sage	0.01 kg
Dairy	Butter	0.11 kg
Basic Ingredients	Olive oil	0.02 l
Spices & Herbs	Sea salt	0.01 kg
Spices & Herbs	Black pepper	0.01 kg
Spices & Herbs	Cinnamon	0.01 kg