…………………………..

Woche

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Morgen** | **Mittag** | **Abend** | **Einkaufsliste:** |
| **Mo** |  |  |  | ……………………………………………………..……………………………………………………..……………………………………………………..……………………………………………………..……………………………………………………..…………………………………………………….. |
| **Di** |  |  |  |
| **Mi** |  |  |  |
| **Do** |  |  |  | **To-Do:**……………………………………………………..……………………………………………………..……………………………………………………..……………………………………………………..…………………………………………………….. |
| **Fr** |  |  |  |
| **Sa** |  |  |  |
| **So** |  |  |  | …………………………………………………….. |