

WOCHE-N-MAHLZEITSPLANER

Woche vom _____

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Frühstück					
Mittagessen/Bento	<div style="display: flex; justify-content: space-between;"> Proteine Kohlenhydrate </div> <div style="text-align: center; border: 1px solid black; border-radius: 50%; padding: 5px; margin: 10px auto; width: 60%;">Früchte & Snacks</div> <div style="text-align: center; padding: 5px;">Gemüse</div>	<div style="display: flex; justify-content: space-between;"> Proteine Kohlenhydrate </div> <div style="text-align: center; border: 1px solid black; border-radius: 50%; padding: 5px; margin: 10px auto; width: 60%;">Früchte & Snacks</div> <div style="text-align: center; padding: 5px;">Gemüse</div>	<div style="display: flex; justify-content: space-between;"> Proteine Kohlenhydrate </div> <div style="text-align: center; border: 1px solid black; border-radius: 50%; padding: 5px; margin: 10px auto; width: 60%;">Früchte & Snacks</div> <div style="text-align: center; padding: 5px;">Gemüse</div>	<div style="display: flex; justify-content: space-between;"> Proteine Kohlenhydrate </div> <div style="text-align: center; border: 1px solid black; border-radius: 50%; padding: 5px; margin: 10px auto; width: 60%;">Früchte & Snacks</div> <div style="text-align: center; padding: 5px;">Gemüse</div>	<div style="display: flex; justify-content: space-between;"> Proteine Kohlenhydrate </div> <div style="text-align: center; border: 1px solid black; border-radius: 50%; padding: 5px; margin: 10px auto; width: 60%;">Früchte & Snacks</div> <div style="text-align: center; padding: 5px;">Gemüse</div>
	Abendbrot				
Snacks					
Notizen	Reste/Vorräte			Notizen	
				Einkaufsliste	

