

PLANIFICADOR MENÚ SEMANAL

| Lunes | | Lista de la compra |
|-----------|--|--------------------|
| D | | ♥ |
| C | | ♥ |
| C | | ♥ |
| Martes | | ♥ |
| D | | ♥ |
| C | | ♥ |
| C | | ♥ |
| Miércoles | | ♥ |
| D | | ♥ |
| C | | ♥ |
| C | | ♥ |
| Jueves | | ♥ |
| D | | ♥ |
| C | | ♥ |
| C | | ♥ |
| Viernes | | ♥ |
| D | | ♥ |
| C | | ♥ |
| C | | ♥ |
| Sábado | | ♥ |
| D | | ♥ |
| C | | ♥ |
| C | | ♥ |
| Domingo | | ♥ |
| D | | ♥ |
| C | | ♥ |
| C | | ♥ |