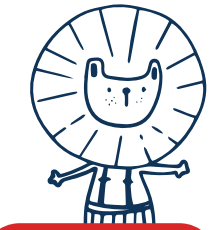
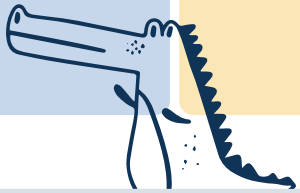
MEAL PREP Wochenplan

gaumenfreundin FOODBLOG



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Frühstück							
MIttagessen							
Abendessen							



Einkaufsliste

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To-Do-Liste

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