

## weekly meal planner with bento lunch: weekend

	S	S												
breakfast	yogurt, banana, muesli	BRUNCH												
lunch	<table border="1"> <tr> <td>protein shoyu tamago, chickensticks</td> <td>carb onigiri (umeboshi, okaka)</td> </tr> <tr> <td colspan="2">fruit &amp; snacks apples</td> </tr> <tr> <td colspan="2">veg</td> </tr> </table>	protein shoyu tamago, chickensticks	carb onigiri (umeboshi, okaka)	fruit & snacks apples		veg		<table border="1"> <tr> <td>protein BRUNCH Bagels and cream cheese, fruits!</td> <td>carb</td> </tr> <tr> <td colspan="2">fruit &amp; snacks</td> </tr> <tr> <td colspan="2">veg</td> </tr> </table>	protein BRUNCH Bagels and cream cheese, fruits!	carb	fruit & snacks		veg	
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dinner	Yudo-fu spinach ohitashi mushroom rice	Okonomiyaki vegetable osumashi tba												
snacks	Fasnachtschüechli	more clementines!												
notes	<p>Staples to make</p> <ul style="list-style-type: none"> <li>brown rice</li> <li>lentil snacks</li> <li>process rest of chicken and freeze</li> </ul>													

week of \_\_\_\_\_

shopping list/notes

Migros:	Co-op:
SALE	SALE:
Fasnachtschüechli	clementines
optigal poulet mini-filets	OTHER:
koteletts	
rauchlachs	
broccoli	
farmer croc muesli	
chinakohl	
tourist	
Pressure cooker 50% off!	
other:	Nishi's:
bananas	2 firm tofu
milk	soy sauce
tabasco	
slimline yogurt	
greek yogurt	
Lian Hua:	
green onions	
greens	
garlic chives	
	Other:
	Oerlikon market @Sat
Barkat:	