

# MADPLAN UGE

MADBANDITTEN PLUS

DAG 1 | MAN

DAG 2 | TIR

DAG 3 | ONS

DAG 4 | TOR

DAG 5 | FRE

DAG 6 | LØR

DAG 7 | SØN

# INDKØBSLISTE UGE

MADBANDITTEN PLUS

## Grøntsager og krydderurter

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## Kød/fisk/fjerkræ

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## Kolonial

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## Dette har vi hjemme

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## Mejeri/ost/æg

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