

MAANDAG

DINSDAG

WOENSDAG

DONDERDAG

VRIJDAG

EIWIT

Empty recipe card for Monday, Protein category.

**Kipfilet**  
245 kcal

Empty recipe card for Wednesday, Protein category.

**STOP FOODWASTE  
FRITTATA | Lentescalade |  
Ricotta**  
487 kcal

**Visburger**  
282 kcal

GROENTEN

Empty recipe card for Monday, Vegetables category.

**saladebar**

Empty recipe card for Wednesday, Vegetables category.

Empty recipe card for Thursday, Vegetables category.

**Oventomaat**  
VEGAN  
76 kcal

SAUS

Empty recipe card for Monday, Sauce category.

**Currysaus**  
VEGETARISCH  
58 kcal

Empty recipe card for Wednesday, Sauce category.

Empty recipe card for Thursday, Sauce category.

**Kruidenmayonaise**  
VEGETARISCH  
348 kcal

ZETMEEL

Empty recipe card for Monday, Grains category.

**Farfalle**  
VEGAN  
94 kcal

Empty recipe card for Wednesday, Grains category.

Empty recipe card for Thursday, Grains category.

**Peterselieaardappelen**  
VEGAN  
127 kcal