

# PLANIFICACIÓN SEMANAL DE COMIDAS

my  
dominican  
kitchen 

# PLANIFICACIÓN SEMANAL DE COMIDAS

Semana de: \_\_\_\_\_

**LUNES**

**MARTES**

**MIÉRCOLES**

**JUEVES**

**VIERNES**

**SABADO**

**DOMINGO**

**NOTAS:**

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# LISTA DE ALIMENTOS

## FRUTAS

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## VEGETALES

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## CARNES & PESCADOS

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## MERIENDAS

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## LÁCTEOS

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## BEBIDAS

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## ARTÍCULOS DE ASEO

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## ARTÍCULOS DE LIMPIEZA

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# RECETA:

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## INGREDIENTES

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## INSTRUCCIONES

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# RECETA:

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## INGREDIENTES

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## INSTRUCCIONES

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