

MEAL PLANING

A balanced diet is the basis for performance and a healthy lifestyle. This not only strengthens our immune systems, but also prevents phases of fatigue. Do not decide each time a new when and what to eat. Plan by the week - that makes it much easier.

Make a meal plan at the beginning of the week to be well prepared for your lunch break in your home office. You can use our recipes ideas for this.

You will find exemplary recipe suggestions in the media library

Date _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
LUNCH	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
SNACK	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
DINNER	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

Date _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
LUNCH	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
SNACK	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
DINNER	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

Date _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
LUNCH	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
SNACK	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
DINNER	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>