

-Inventaire réfrigérateur-

[illegible]

-Inventaire congélateur-

[illegible]

-Inventaire placards-

[illegible]

-Inventaire divers-

[illegible]

Repas de la semaine

- REPAS DE LA SEMAINE -



	Matin		Midi	
L				
M				
M				
J				
V				
S				
D				

-Liste des courses-



-Fiche recette-



AVIS : ★ ★ ★ ★ ★



Portions

PERS.



Préparation

min.



Cuisson

min.



Difficulté

☐
☐
☐
☐
☐

Préparation

This image shows a vertical rectangular sheet of light orange or cream-colored paper. It features horizontal ruling lines spaced evenly apart, typical of notebook paper. The lines are thin and dark, extending across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and no text or other markings are present.