

#Meal Prep WEEKLY PLANNER

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

GROCERIES:

+
ENJOY
YOUR
MEAL!

Tip: PROPER FOOD STORAGE

For the refrigerator, the following applies in principle: below is colder than above. The cold air sinks down and collects above the vegetable compartment. This often results in a larger temperature difference.



UPPER COMPARTMENT:

7-10°C

- Cheese
- Preserved



MIDDLE COMPARTMENT:

6-7°C

- dairy products
- leftovers



LOWER COMPARTMENT:

4-5°C

- Easily spoilable, like
- fish
- meat



VEGETABLE DRAWER:

10-13°C

- Fruits
- Vegetable



FRIDGE DOOR:

8-10°C

- Eggs
- Butter
- Mustard, Dressings
- opened drinks and juice
- and much more



NOT SUITABLE FOR THE FRIDGE:

- Bananas
- Avocados
- Potatoes



- Basil
- Bread
- Honey

- Chocolate
- Coffee
- Olive oil

