# ween Prep	WEEKLY PLANNER
MONDAY:	GROCERIES:
TUESDAY:	
WEDNESDAY:	
WEDNESDAT:	
	_
THURSDAY:	
FRIDAY:	
SATURDAY:	
SUNDAY:	
JOHUNI.	ENIOY
	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

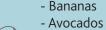
Potatoes



- Chocolate

- Coffee

NOT SUITABLE FOR THE FRIDGI





- Basil
 - Bread
 - Olive oil - Honey

