## Swiss Farmers



## To the seasonal calendar



Monday			Friday			
Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner	
Tuesday			Saturday			
Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner	
Wednesday			Sunday			
Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner	
Thursday			Shopping list			
Breakfast	Lunch	Dinner				
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## Meal plan

Here you can find products find products from the farm in your region