



## Menuario Bet Plans - illustrated by Raquel Gu

The only method to easily plan balanced and healthy weekly menus.

*Menuario was developed by the author in order to fulfil with the resolution, common to many families, to start eating healthier, with a better-balanced diet and minimizing the effort .. once and for all! Menuario has thus become the only method and solution on the market that helps to easily plan balanced and healthy weekly menus, thanks to all its components: book, whiteboard and magnetic cards. Our recipe is simple. On the one hand, planning, healthy habits and participation of the entire family. On the other, variety, fresh and natural products, simple recipes because time is always pressing... And, in addition, suggestions for sustainable choices, consumption of local and seasonal products, because a better diet is also good for the planet.*



## menuario

**A book** with an introduction to basic nutritional principles, the instructions to apply the Menuario's method to plan the weekly menu. Lots of practical tips, suggestions of seasonal menus and easy recipes.

**The fridge whiteboard** allows to have the weekly schedule with the menu available right in your kitchen.



**A BIC Velleda marker** to write down the dishes and the shopping list.

### MENUARIO CONTAINS

- **Book:** 17,2 cm x 24 cm, softcover with flaps, 160 pages
- **Fridge whiteboard:** 37,5 cm x 25,5 cm
- **Magnetic cards :** 28 units with 3cm diameter
- **BIC Whiteboard marker**

Everything in a box: 29 cm x 20,5 cm

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**28 magnetic circular cards** to identify the principal food groups and the recommended frequency of consumption during the week.

