



LISTA DELLA SPESA

INTELLIGENTE E SENZA PANICO

VERDURA FRESCA, SURGELATA, ECC

Blank white space for listing fresh vegetables, frozen vegetables, etc.

FRUTTA FRESCA, DISIDRATATA E SECCA

Blank white space for listing fresh fruit, dried fruit, etc.

PASTA, PANE, CHICCHI, ECC.

Blank white space for listing pasta, bread, grains, etc.

LATTE/YOGURT/CARNE/PESCE/FORMAGGIO/UOVA

Blank white space for listing milk, yogurt, meat, fish, cheese, eggs.

SURGELATI

Blank white space for listing frozen products.

SCATOLAME/SECCO

Blank white space for listing canned goods, dry goods.

PRODOTTI PER CASA / IGIENE

Blank white space for listing household products, hygiene products.

PRODOTTI PER ANIMALI

Blank white space for listing products for animals.