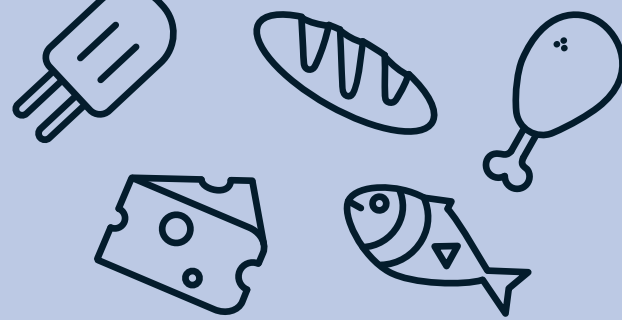


Meal planning

WEEK OF _____



Meatless Monday? Why not!

Fruits and vegetables

•	•
•	•
•	•
•	•

Meat and fish

•	•
•	•
•	•
•	•

Eggs and dairy products

•	•
•	•
•	•
•	•

Other

•	•
•	•
•	•
•	•
•	•
•	•

Remember to freeze your leftovers!

Everything-but-the-kitchen-sink dinner?

TADA!
PLANIFICATEUR DE REPAS



TADA! THE IGA APP MEAL-PLANNING TOOL!

Plan quickly and efficiently with TADA!

Choose simple, quick, and delicious recipes based on the weekly specials and create your Monday to Sunday menu in the blink of an eye!

Download the IGA app for free and start saving time and money today!

