



Fitlap

menu sample

Monday

07:45 Oatmeal with coconut milk and plum

11:00 Chocolate smoothie with peanut butter

13:30 Tuna salad with avocado

17:00 Wok-fried vegetables with peanut sauce

Tuesday

07:45 Mozzarella-sai

11:00 Taimne maasika- mustikasmuuti

13:30 Sinepine kana kartuliga

17:00 Soe bataadi-kana salat fetaga

