

Shop with Meals in Mind



Weekly meal plan

Tips:

- Make a shopping list with meals in mind.
- Subtract any meals you will eat out.
- Include quantities for ingredients.

Shopping list

Tips:

- Check your fridge, freezer and cupboards first.
- Choose loose fruit and veggies over pre-packaged food.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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For more ways to prevent food waste, visit

EatSmartWasteLess.Tips.