



WEEKLY MEAL PLAN

TOP TIPS

- Check what you already have in your fridge, freezer and cupboard
- Check what is in season before you plan your meals
- Plan your meals around your weekly activities
- Place your meal plan on your fridge

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

SHOPPING LIST

TOP TIPS

- Write your shopping list from your meal plan
- Identify exactly how much you will need
- Remember to take your list to the shops with your reusable shopping bags

Fruit and vegetables

Bread and cereals

Dairy and frozen items

Meat and fish

Non-perishables

Drinks

Other household items - kitchen, bathroom