



# Meal planner

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**



<input checked="" type="checkbox"/>	Check what you have in the fridge, cupboards and freezer
<input checked="" type="checkbox"/>	Create your meal plan for the week
<input checked="" type="checkbox"/>	Write your shopping list
<input checked="" type="checkbox"/>	Buy in-season fruit and vegetables
<input checked="" type="checkbox"/>	Compare unit prices, look for specials and reduced items
<input checked="" type="checkbox"/>	Limit pre-prepared convenience items
<input checked="" type="checkbox"/>	Consider canned or frozen goods and supermarket brands
<input checked="" type="checkbox"/>	Plan for having leftovers on busy nights
<input checked="" type="checkbox"/>	Aim to use up ingredients that you already have



# Shopping list



## GRAINS AND CEREALS

## FRUIT

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## MILK, YOGHURT, CHEESE AND ALTERNATIVES

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## VEGETABLES

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## LEAN MEAT AND ALTERNATIVES

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## OTHER ITEMS