



The day before you go shopping check what food you have in the cupboards, fridge and freezer.



When you know what needs to be used up, plan for a week of delicious meals.



Think of fun ways to get the whole family involved in writing a meal plan. It could involve a chalkboard or writing meal names on old ice lolly sticks.



A mouth-watering meal plan puts you in good shape to draw up your shopping list.



Taste not waste meal planner

Pick a day for a batch
cooking session.



| Day | Lunch | Dinner |
|-----|-------|--------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |

Don't forget to keep a day
free for leftovers!

