





Weekly menu plan

Top tips:

- · check what you already have in your fridge, freezer and cupboard
- check what is in season before you plan
- plan your menu around your weekly activities
- place your menu plan on your fridge.

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Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
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Sunday			

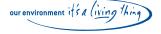


Shopping list

Top tips:

- write your shopping list from your menu plan
- · check what you already have in your fridge, freezer and cupboard before writing your list
- 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
Breau and cereais
Dairy and frozen items
Meat and fish
Non-perishables
Drinks
Other household items – kitchen, bathroom
other household items - Kitohen, bathloom



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