



## Weekly menu plan

### Top tips:

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

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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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

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Bread and cereals

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Dairy and frozen items

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Meat and fish

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Non-perishables

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Drinks

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Other household items – kitchen, bathroom