

WEEKLY MEAL PLAN



Use a meal plan and a shopping list to cut household food waste and save money. Ready to get started?

Use your leftovers: Check what you already have in your fridge, freezer and pantry and plan to use that first.

Prepare only what you need: Check who is eating and the right portion sizes you will need.

Store food appropriately: Check the temperature settings of your appliances and store food in airtight containers.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

SHOPPING LIST

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**LOVE
FOOD**
hate waste