



Meal Planner

- 1 Check your fridge and cupboards. What do you have that needs eating soon?
 - 2 Choosing seasonal foods will mean food is fresher, will last longer and is likely to be cheaper.
 - 3 Plan to cook double or more and put some portions in the freezer.
- Make a note the number of portions required to avoid waste.

BREAKFAST

LUNCH

DINNER

SNACKS

Mon

Tue

Wed

Thu

Fri

Sat

Sun