



Shopping list with meals in mind

- 1 Before you shop, plan the meals you'll eat at home and list items needed.
- 2 "Shop" your fridge, freezer and cupboards for ingredients first.
- 3 Note the quantity of fruit and veg needed from the shop.

MEAL

Veggie Quiche

Mon

Tue

Wed

Thu

Fri

Sat

Sun

NEED TO BUY

Example: Mushrooms – 200g

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