



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

Tuesday

Wednesday

Thursday

Friday

Saturday

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

Dairy and frozen items

Meat and fish

Non-perishables

Drinks

Other household items – kitchen, bathroom