

MEAL PLANNER & SHOPPING LIST

To find out more tools, please visit
LOVEFOODHATEWASTE.NSW.GOV.AU/FOOD SMART



MY MEAL PLAN:

MON

TUES

WED

THURS

FRI

SAT

SUN



MY SHOPPING LIST:

1. Plan with what you have

2. Add to the list as you go

3. Take a photo of your list before shopping

