

Love food. Hate Waste. Meal plan.

Tips:

- include your family's activities when meal planning
- use food that may be close to expiring first
- remember to check your fridge, freezer and cupboards for items you may already have including spices, condiments and meat.

SUNDAY

Grocery list

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Eat me first

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