



Menu Planner



Weekly Menu Plan

Handy Tips

- Check what's already in your fridge, freezer and cupboard
- Keep menu plan on your fridge
- Think about how to use leftovers

Shopping List

Handy Tips

- Write your list for your menu planner
- List the quantities that you need
- Take your list to the shops and stick to it!

MON

TUES

WED

THURS

FRI

SAT

SUN
