

Shopping Planner

Weekly Menu Plan

Shopping List

Item/Amount Needed

Already Have

Monday

Fruits and vegetables

Tuesday

Breads and cereals

Wednesday

Dairy and frozen items

Thursday

Meat and fish

Friday

Non-perishables

Saturday

Drinks

Sunday

Other household items

Top tips:

- Check what you already have in your fridge, freezer and cupboard
- Plan your menu around your weekly activities
- Place your menu plan on your fridge.

Top tips::

- Write your shopping list from your menu plan
- Identify how much you will need
- Remember to take your list to the grocery store

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