# **K**

# **Menu and shopping planner**

Planning what you will eat and buy each week can help you avoid wasting food - saving you money and saving the planet’s resources!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Evening meal** | **Snacks/other** |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |
| Sunday |  |  |  |  |



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**Shopping list**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Fruit and veg** | **Starchy carbohydrates,** e.g. breakfast cereal, bread, pasta, rice | **Protein,** e.g. beans, lentils, fish, eggs, meat | **Dairy, e.g.** milk, cheese, yogurt | **Other** |