



SHOPPING LIST *with Meals in Mind*

- 1 Before you shop, plan the meals you'll eat at home and list items needed.
- 2 "Shop" your fridge, freezer and cupboards for ingredients first.
- 3 Note quantity of fruit and veggies needed from the store.

MEAL	ALREADY HAVE	NEED TO BUY
<i>Example: Veggie Quiche</i>	<i>Example: Mushrooms - 1 cup</i>	<i>Example: Eggs- 1 dozen</i>
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		