



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

*Example:
Veggie Quiche*

Mon

Tue

Wed

Thu

Fri

Sat

Sun

ALREADY HAVE

Example: Mushrooms - 1 cup

NEED TO BUY

Example: Eggs- 1 dozen

