

Weekly meal planner & shopping list

HOW TO USE THE PLANNER & SHOPPING LIST

- 1 Start with the Meal Planner. Print it out, use it digitally or jot down your own meal planner using this framework but making it more tailored to your needs.
- 2 In the '**Breakfast**' and '**Lunch**' columns add in your meals, making use of any leftovers from previous dinners and being efficient with your ingredients so that everything is used up before it goes off.
- 3 In the '**No. for Dinner**' column, add in how many people are in for dinner each evening. This will help you to account for any friends and family who are coming over, or if there are any evenings where there are fewer people than usual.
- 4 The '**Time?**' column comes in handy because it allows you to fit in your meals around your life. Give the box a tick if you feel like you have a nice chunk of time that evening to get comfy in your kitchen. If that's not the case give the box a cross, so you know to make something that's quick and easy, or to make use of leftovers.
- 5 Finally, the '**Dinner**' column does what it says in the tin. Add in your dinners for the week, factoring in how many people you're cooking for and whether or not you're short on time. On days where time is scarce, or there's just one of you for dinner, plan to use leftovers from the day before. On evenings where you have more time on your hands schedule in meals that have a longer cooking time and a more labour-intensive prep, and make sure there are leftovers if you need them.
- 6 Now you have your meals down, use the shopping list template to jot down what you need from the supermarket. Check your kitchen cupboards so you don't double up on ingredients and aim to shop in the order of the list to keep the items in your trolley as fresh as possible.

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Weekly meal planner

	BREAKFAST	LUNCH	NO. FOR DINNER	TIME	DINNER
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

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Weekly shopping list

HOME CLEANING SUPPLIES	STORE CUPBOARD ESSENTIALS
BAKERY	FRESH FRUIT & VEG
DAIRY, MEAT & FISH	FROZEN GOODS

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