#WasteNothing Challenge shopping planner



Shop:		Shop:		Shop:		Shop:	
ltem	Quantity	ltem	Quantity	ltem	Quantity	ltem	Quantity
	2						

Containers/bags to take:

Containers/bags to take:

Containers/bags to take:

Containers/bags to take:

*#WASTE NOTHING

Tips:

- Buy only what you need (portion planners can help with this) and avoid 2-for-1 offers that you won't use.
- Look for food with the longest use-by date and fresh foods that can be frozen incase you don't eat them in time.
- Once purchased, check the best way to store your food to prolong it's life. Love Food Hate Waste has an A-Z guide on their website worth checking.

#WasteNothing Challenge meal planner

- 1. Check what food you already have
- 2. Plan your meals for the week
- 3. Work out what you need to buy



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Food to use up

Food that's running low

Shopping list



2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch		eneral massar rasumatikkun elektrika kalandak kalanda kun massa meneral kalanda kentara kentara kentara kentar	And the second s				
Dinner				and the fact of th		ann ann an Aire An Aire Ann an Aire Ann an Aire Ann an Aire An	independent of the Company of the Co
Snacks	a magazili ing internativa magazili magazili magazili magazili magazili magazili magazili magazili magazili ma			STATE OF THE PARTY		and the second s	

Tips

- Leave a couple of meals 'free' to allow for changes of plans
- When you get to a 'free' meal check your freezer for leftovers
- Use up excess fresh food by batch cooking meals and freezing leftovers into single portions.

Recipe inspiration

Use the websites/apps below to see what you can make with the ingredients you have:

- Love Food Hate Waste
- Big Oven
- Kitche
- SuperCook