



Home Composting & Preventing Food Waste

Menu Planner + Shopping List

Menu Planner & Ingredients:

Please check your fridge, freezer and pantry - tick items you already have:

Monday	Breakfast:	Lunch:	Dinner:
	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Tuesday	Breakfast:	Lunch:	Dinner:
	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Wednesday	Breakfast:	Lunch:	Dinner:
	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Thursday	Breakfast:	Lunch:	Dinner:
	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Friday	Breakfast:	Lunch:	Dinner:
	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Saturday	Breakfast:	Lunch:	Dinner:
	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sunday	Breakfast:	Lunch:	Dinner:
	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

List only items you don't have :

Fruit & Vegetables:

Bread, Cereal & Grains:

Dairy, Eggs & Frozen Items:

Meat, Poultry & Fish:

Staples & Snacks:

Other (Kitchen, Bathroom):

