

# MEAL PLANNER.

Week

...

Just starting your meal-prep journey? Here's how to get going! Pick your weekly prep day. Start with the most stressful meals. Use the same ingredients across several meals - easy and low waste. Enjoy!

MON

breakfast  
lunch  
dinner

TUE

breakfast  
lunch  
dinner

WED

breakfast  
lunch  
dinner

THU

breakfast  
lunch  
dinner

FRI

breakfast  
lunch  
dinner

SAT

breakfast  
lunch  
dinner

SUN

breakfast  
lunch  
dinner

DON'T FORGET

Leftovers in the fridge? Use them up for a low waste meal this week!

GROCERIES

Tip!

Write your shopping list according to the route you take through the store!

## Tips

- Save vegetable cuttings to regrow them.
- Intimidated? Start with familiar recipes and pop extra servings in the freezer.
- Meals too much? Prep your ingredients for the week ahead instead - wash, cut, and refridgerate, ready to cook!