

## **SHOPPING LIST** with Meals in Mind

1 Before you shop, plan the meals you'll eat at home and list items needed.

NEED TO BUY

- 2 "Shop" your fridge, freezer and cupboards for ingredients first.
- 3 Note quantity of fruit and veggies needed from the store.

ALREADY HAVE

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Example: Veggie Quiche	Example: Mushrooms - 1 cup	Example: Eggs- 1 dozen
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Plan Well Store Well Eat Well



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Fat Well