



# SHOPPING LIST *with Meals in Mind*

- 1 Before you shop, plan the meals you'll eat at home and list items needed.
- 2 "Shop" your fridge, freezer and cupboards for ingredients first.
- 3 Note quantity of fruit and veggies needed from the store.

MEAL	ALREADY HAVE	NEED TO BUY
<i>Example: Veggie Quiche</i>	<i>Example: Mushrooms - 1 cup</i>	<i>Example: Eggs- 1 dozen</i>
<b>Mon</b>		
<b>Tue</b>		
<b>Wed</b>		
<b>Thu</b>		
<b>Fri</b>		
<b>Sat</b>		
<b>Sun</b>		



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