

FOOD INVENTORY

WHAT YOU HAVE RIGHT NOW!

FRESH FRUIT & VEG

FRIDGE

PANTRY

FREEZER

DRINKS

MISCELLANEOUS

MINDFUL MONEY



LIST YOUR FAVOURITE MEALS

THIS WILL HELP CREATE YOUR FOOD PLAN

BREAKIES

AM & PM SNACKS

LUNCHES

DINNERS

OTHER YUMMY MEALS YOU LOVE

MINDFUL MONEY



MEAL PLANNER

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MINDFUL MONEY



MEAL PLANNER

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MINDFUL MONEY



SHOPPING LIST

REVIEW RECIPES, INVENTORIES
AND WRITE SHOPPING LIST

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