



MEAL PLAN

Use this to get organised and get healthy. Pin it up on your fridge, put it on your phone and use it to write out your shopping list.

| DAY | BREAKFAST | LUNCH | DINNER | SNACKS/PUDDING | To Do |
|-----------|-----------|-------|--------|----------------|-------|
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |
| SATURDAY | | | | | |
| SUNDAY | | | | | |



SHOPPING LIST

| FRUIT + VEG | FRIDGE | FREEZER | DRY FOOD AISLE | MISC |
|-------------|--------|---------|----------------|------|
| | | | | |

Online shopping? Use [mysupermarket.co.uk](https://www.mysupermarket.co.uk) to find out where is cheapest place to get your shop or use your favourite stores website and save your shopping list, so each week all you need to do it update it!