

# Weekly Meal Planner

Planning your meals ahead can help you buy what you need; saving money and reducing waste. Try planning meals for the week, then make a list of foods you need. Here is a sample meal planner to help you. Please photocopy this planner as necessary.

	<b>Breakfast</b> Porridge with fruit	<b>Snack</b> Banana	<b>Lunch</b> Tuna salad sandwich	<b>Snack</b> Fruit salad	<b>Dinner</b> Chicken or veggie curry and rice, yoghurt
Example					
<b>Sunday</b>					
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Shop again!</b>					