



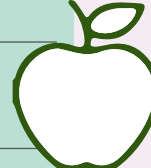



# Weekly Meal Planner & Shopping List .....

## WHAT DO YOU FANCY EATING?

 Monday	<hr/> <hr/>
Tuesday	<hr/> <hr/>
Wednesday	<hr/> <hr/>
 Thursday	<hr/> <hr/>
Friday	<hr/> <hr/>
Saturday	<hr/> <hr/>
 Sunday	<hr/> <hr/>

## SHOPPING LIST

Fruit & Veg	
<hr/> <hr/>	
Meat & Fish	
<hr/> <hr/>	
Dairy	
<hr/> <hr/>	
Chilled & Frozen	
<hr/> <hr/>	
Bakery	
<hr/> <hr/>	
Food Cupboard	
<hr/> <hr/>	