

sparking
change.

The Challenge

How to meal plan like a pro



The day before you go shopping check what food you have in the cupboards, fridge and freezer.



When you know what needs to be used up, plan for a week of delicious meals.



Think of fun ways to get the whole family involved in writing a meal plan. It could involve a chalkboard or writing meal names on old ice lolly sticks.



A mouth-watering meal plan puts you in good shape to draw up your shopping list.

sparkling
change.

The Challenge

Taste not waste meal planner

Pick a day for a batch
cooking session.



Day	Lunch	Dinner
1		
2		
3		
4		
5		
6		
7		

Don't forget to keep a day
free for leftovers!

