

Weekly Shopping List

Shop once, waste less, make the week easier.

DATE

☐ MAIN SHOP

☐ TOP-UP SHOP

FRUIT & VEGETABLES	MEAT, FISH & PROTEIN
DAIRY & CHILLED	BAKERY
CUPBOARD STAPLES	FROZEN
DRINKS	HOUSEHOLD & OTHER

ALREADY HAVE — PANTRY CHECK Check the cupboards first. Cross off anything above you already own.	BUDGET Planned spend £ Actual spend £
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DON'T FORGET Bags, coffee, lunchbox bits, the thing you always remember in the car park.
