Weekly meal plan

Use a meal plan and a shopping list to cut household food waste and save money. Ready to get started?
Use your leftovers: Check what you already have in your fridge, freezer and pantry and plan to use that first.
Prepare only what you need: Check who is eating and the right portion sizes you will need.
Store food appropriately: Check the temperature settings of your fridge/freezer and store food in airtight containers.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

SHOPPING LIST

Queensland Government