



# Meal Planner

LOVE  
FOOD  
hate waste  
NEW ZEALAND

For tips and recipe ideas visit [lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)

Rāhina

Rātū

Rāapa

Rāpare

Rāmere

Rāhoroi

Rātapu

Notes: