

# Meal planner shopping list

Planning meals can help reduce food waste at home. Decide 3 meals to cook, check your fridge and pantry for ingredients first, write a list of what you need to buy.

Tip  
You can google recipe ideas for ingredients that need using up if you're not sure what to cook.

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## Ingredients Needed

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## Ingredients Needed

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3 .....

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## Ingredients Needed

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