

SAVE MONEY DO BETTER MEAL PLANNING



1. CHECK YOUR WEEK

WHO'S HOME?
WHEN WILL YOU BE
BUSY OR TIRED?

2. CHECK WHAT YOU'VE GOT

SEE WHAT NEEDS USING
UP IN YOUR FRIDGE,
FREEZER & PANTRY.

3. CHOOSE YOUR MEALS

PLAN EASY, FLEXIBLE
MEALS. DON'T FORGET
TO USE YOUR LEFTOVERS.

4. CREATE YOUR LIST

AND TAKE IT WITH YOU.

**REPEAT AND
SAVE MONEY!**

**LOVE
FOOD**
hate waste
NEW ZEALAND

SCAN FOR
FREE
MONEY
SAVER
MEAL
PLANNER

