

Shopping list and meal planner



Use these foods to plan five days of evening meals for two people.

Be careful with the shelf life though so that you aren't wasting any foods.

Shopping list

You did the shopping on **Monday 1 June**.

Take note of the expiry date of each of the foods so that nothing goes out of date and gets wasted. You don't have to use everything, but you must say how you'll store the food so that it doesn't go to waste. You can assume that you already have cooking oil spices, herbs and seasoning at home.

| Food | Expiry Date |
|-----------------------------|--------------------------|
| 4 Chicken breasts | 3rd June |
| 500g beef mince | 5th June |
| 6 eggs | 10th June |
| 2 salmon fillets | 2nd June |
| 250g cheddar cheese | 14th June |
| 200ml crème fraiche | 4th June |
| 1kg sweet potatoes | 8th June |
| 6 tomatoes | 4th June |
| 3 large onions | 9th June |
| 1kg carrots | 10th June |
| 1 bulb garlic | 13th June |
| 1 lettuce | 4th June |
| 1 broccoli | 4th June |
| 500g frozen peas | 21st November |
| 500g wholemeal pasta shapes | 3rd October |
| 500g brown rice | 9th September |
| 4 tins of chopped tomatoes | 10th December |
| 1 tin of kidney beans | 8th December |
| 500g red lentils | 19th January (next year) |

Meal planner

Now use the above ingredients to plan out five days of meals for two people:

Monday 1 June

Meal:

Ingredients:

Tuesday 2 June

Meal:

Ingredients:

Wednesday 3 June

Meal:

Ingredients:

Thursday 4 June

Meal:

Ingredients:

Friday 5 June

Meal:

Ingredients:

