UKHARVEST

Nourishing Our Nation

Meal Planner and Shopping List

Remember to use up fresh ingredients with a shorter lifespan first and freeze any leftovers or food nearing its use-by date.

	Breakfast	**Lunch**	**Dinner**	**Snacks**
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Shopping List

Family Suggestions