

# Your weekly food plan



Food is more than what is on the plate. It is about health, connection, culture and community.

There is no single way to feed a household well on a tight budget. This planner is here to help you make the most of what you have and plan meals in a way that works for you.

## Plan your week in a way that works for you...

- Use what you already have first
- Plan dinners first, then lunches
- Leave space for leftovers

Small skills that make a big difference

- Planning ahead
- Adapting meals based on what is available
- Using what you already have
- Growing what you can
- Cooking simple, flexible meals

This is food resilience, practical, everyday actions that help make food go further at home.



## Shopping List

Write the items you need here:

# Your weekly food plan



## Meals Plan

What is already in your fridge or freezer that you can use?  
What needs using first?

| DAY       | BREAKFAST | LUNCH | DINNER |
|-----------|-----------|-------|--------|
| Monday    |           |       |        |
| Tuesday   |           |       |        |
| Wednesday |           |       |        |
| Thursday  |           |       |        |
| Friday    |           |       |        |
| Saturday  |           |       |        |
| Sunday    |           |       |        |

What can your freeze for later?

### TOP TIPS

Start simple, even planning a few meals ahead can make a big difference.

Planning doesn't have to be perfect. Some weeks will be easier than others, this is just a tool to help take a bit of pressure off.

