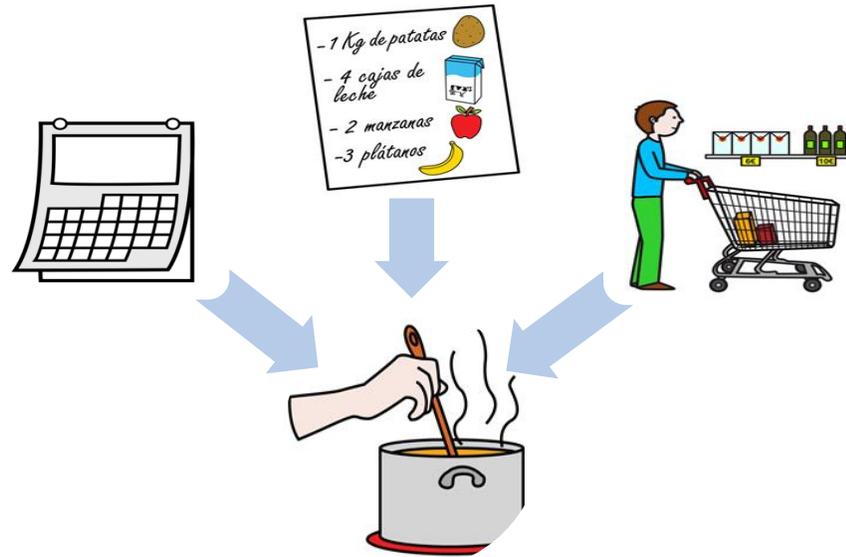




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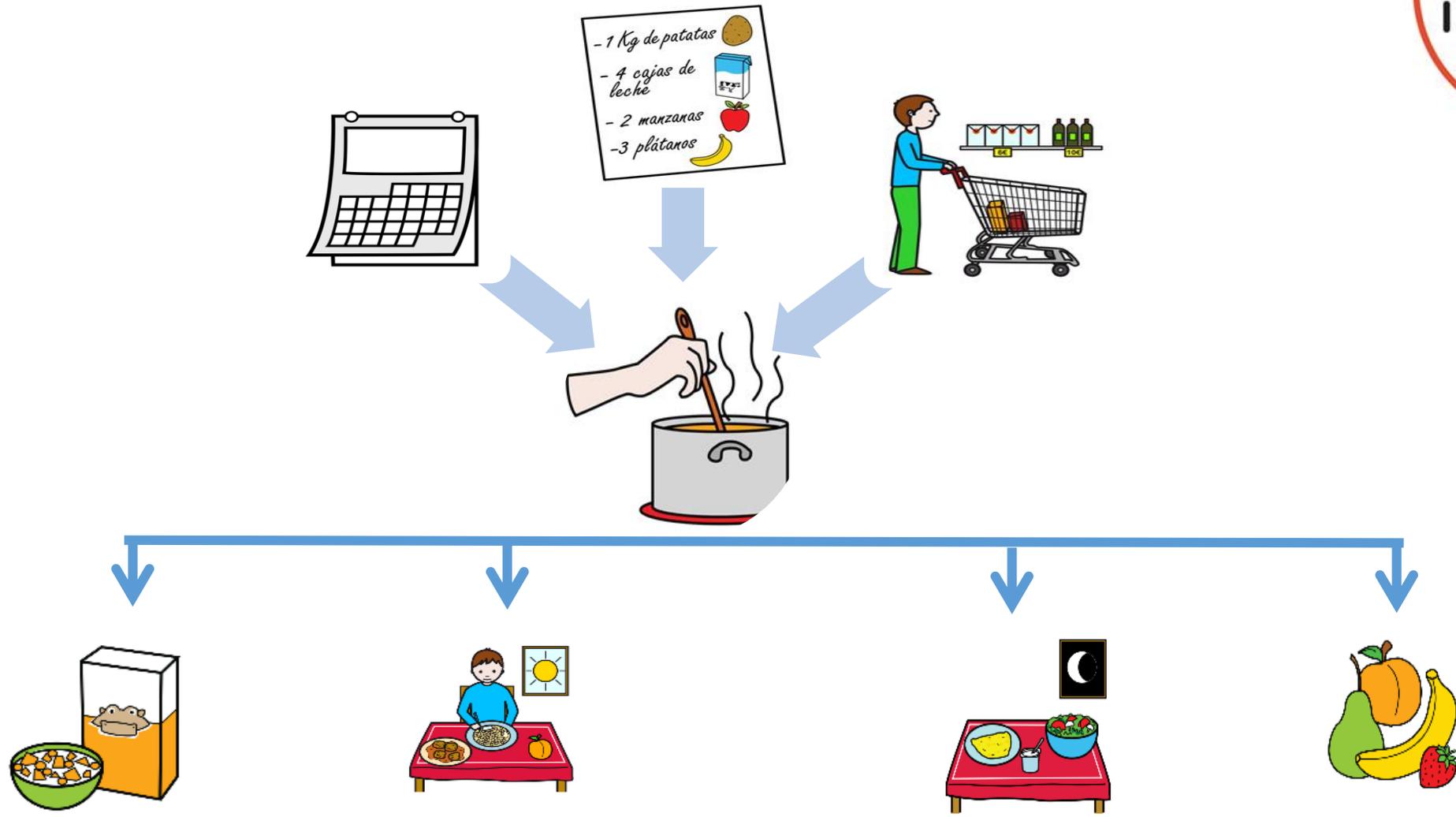


Tips for planning my Meals and Grocery List



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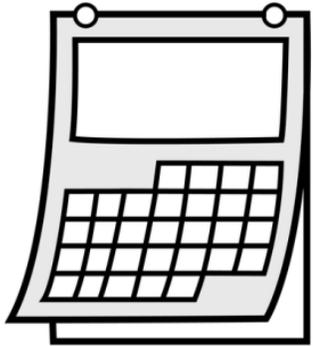
Tips for planning my Meals and Grocery List



Tips for planning my Meals and Grocery List



1^o Step



On Friday make a plan of your meals for next week, so that you can do the shopping for groceries on the weekend

Use one of the template for meals plan and fulfill your meals for the week

Tips for planning my Meals and Grocery List



2º Step

Read your meals plan and right in the grocery list template the itens that you are going to need to buy.

Don't forget to check you fridge and pantry to see what is missing and what you will need to buy.

When you finish one product that you know that you use, right it down in your shoping list, to not forget it next time



Tips for planning my Meals and Grocery List



3^o Step



Go for grocery shopping and follow your list, so that you don't spend more money in things that you don't miss.

Use one of the templates for grocery list shopping and when you put one item in the car/basket, check it in our list, so that you can control what is still missing.

Tips for planning my Meals and Grocery List



4^o Step

Consult always the day before you meals plan for the next day, to see if any of the foods needs preparation;

Organize and do the preparations of your meals and enjoy.