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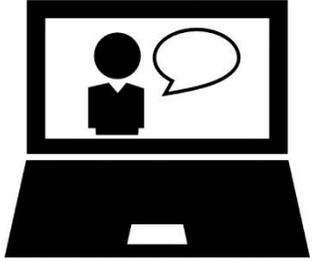


ONLINE ACTIVITY 1

My Meals and grocery's for the week



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ONLINE ACTIVITY 1

My Meals and grocery's for the week



- Download the power point **“Easy tips to plan meals and grocery list”** from **Activity 2** and read it;
- Download the template **“Meal Planner_Grocery List”** from Activity 2 and print it;
- Fulfil your meals plan for the week
- Fulfil the grocery list taking in account what you are going to need to buy accordingly with you meals plan



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My Meals and grocery's for the week



- Then if you want you can download the template of “**Grocery List**” (you have two options to choose), from Activity 2
- Write the items that you identified previously that its needed to buy on the Grocery List
- Go to the supermarket and use your list of grocery's shopping
- Take pictures of your meals plan, grocery list and download them in the platform
- Tell us how it went along with the tasks