

MEAL PLAN THE UNWASTE WAY

BREAKFASTS

LUNCHES

SNACKS

DINNERS

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*REMEMBER
TO LEAVE A
GAP FOR YOUR
#UNWASTENIGHT

UNWASTING THIS WEEK

FROM THE FREEZER

SHOPPING LIST

FRUIT & VEG

MEAT

FROZEN

DAIRY

OTHER STUFF

BREAD



GET MORE TIPS AT THEGREATUNWASTE.COM.AU