

# 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



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