

# Zero Waste Menu Planner and Shopping List Template

Use this template to roughly plan a menu for the week. The idea is to simplify meal planning by cooking a specific category of meal each day of the week.

If you eat meat and would like to add meat to your meals throughout the week, and/or to salads or sandwiches for lunch, then cook the meat early in your week (suggest day 2).

This planner focuses on what to cook for the main meal of the day, assuming you'll have the same things for breakfast and simple sandwiches / salads or leftovers for lunch.

Day	Category	Main meal
1 (shopping day)	<i>Fish</i> (e.g. fresh fish with a seasonal veggie side and starch, e.g. potatoes)	
2	<i>Meat</i> (e.g. a large roast with roast veg and gravy or a slow roast or pulled meat)	
3	<i>Soup or salad with bread</i> (e.g. with any leftover veg or meat)	
4	<i>Grains or pulses</i> (e.g. couscous, beans, quinoa, lentils, etc. with veg - a curry works well!)	
5	<i>Pasta or rice</i> (e.g. with an egg-based or veg or left-over meat sauce)	
6	<i>Quiche or omelette or pizza or wraps</i> (e.g. with any leftover veg or meat)	
7	<i>Cheat day</i> (dine out or freezer meal or using up any leftovers)	

Breakfasts	Lunches

## Shopping list

Meat / fish	Fresh fruit & veg	Bulk (pulses, grains)	Other