Weekly Meal Planner

Plan the week, shop once, waste less

Week of: _____ Budget this week: $_____

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Use it up first (in the fridge now)

Leftovers night / takeaway / eating out

Grocery List

Grouped by aisle, with a price column to keep on budget

Fruit & vege	Qty	$
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		

Meat, chicken & fish	Qty	$
☐		
☐		
☐		
☐		
☐		
☐		

Dairy & eggs	Qty	$
☐		
☐		
☐		
☐		
☐		
☐		

Bakery	Qty	$
☐		
☐		
☐		
☐		

Pantry & tins	Qty	$
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		
☐		

Frozen	Qty	$
☐		
☐		
☐		
☐		
☐		

Drinks & snacks	Qty	$
☐		
☐		
☐		
☐		

Household & personal	Qty	$
☐		
☐		
☐		
☐		
☐		

Total: $

Pantry, Fridge & Freezer Staples

Tick what you have before you shop

Pantry

- [ ] Rice
- [ ] Pasta
- [ ] Rolled oats
- [ ] Flour
- [ ] Sugar
- [ ] Canned tomatoes
- [ ] Canned beans or chickpeas
- [ ] Canned tuna
- [ ] Stock (cubes or liquid)
- [ ] Peanut butter
- [ ] Vegemite or Marmite
- [ ] Cooking oil
- [ ] Soy sauce
- [ ] Tomato sauce
- [ ] Spices and dried herbs
- [ ] Salt and pepper

Fridge

- [ ] Milk
- [ ] Butter or spread
- [ ] Cheese
- [ ] Yoghurt
- [ ] Eggs
- [ ] Mayonnaise
- [ ] Garlic
- [ ] Lemons

Freezer

- [ ] Frozen peas
- [ ] Frozen mixed vege
- [ ] Frozen berries
- [ ] Bread
- [ ] Chicken
- [ ] Mince
- [ ] Leftover meals (labelled and dated)

Fruit bowl & vege drawer

- [ ] Onions
- [ ] Potatoes
- [ ] Carrots
- [ ] Kūmara
- [ ] Bananas
- [ ] Apples

Baking & breakfast

- [ ] Baking powder
- [ ] Cocoa
- [ ] Honey or jam
- [ ] Breakfast cereal
- [ ] Tea and coffee

Add your own

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

What's in Season in NZ

Cheaper, fresher fruit and vege, season by season

Spring — Sep–Nov

Fruit

- Blueberries
- Boysenberries
- Raspberries
- Strawberries
- Tangelos
- Valencia oranges

Vegetables

- Artichokes
- Asparagus
- Courgettes
- Cucumbers
- New season potatoes
- Peas
- Rocket
- Sweetcorn

Summer — Dec–Feb

Fruit

- Apricots
- Blackberries
- Blueberries
- Cherries
- Melons
- Nectarines
- Peaches
- Plums
- Tomatoes
- Watermelon

Vegetables

- Beans
- Beetroot
- Brussels sprouts
- Buttercup squash
- Butternut
- Capsicum
- Chillies
- Courgettes
- Eggplant

Autumn — Mar–May

Fruit

- Apples
- Avocados
- Feijoas
- Kiwiberries
- Kiwifruit
- Mandarins
- Nashi pears
- Passionfruit
- Pears
- Persimmons
- Tamarillos

Vegetables

- Buttercup squash
- Butternut
- Courgettes
- Fennel
- Kohlrabi
- Leeks
- Parsnips
- Pumpkin
- Swedes
- Rhubarb
- Turnips

Winter — Jun–Aug

Fruit

- Apples
- Grapefruit
- Kiwifruit
- Lemons
- Limes
- Mandarins
- Navel oranges
- Pears
- Persimmons
- Tamarillos

Vegetables

- Parsnips
- Pumpkin
- Swedes
- Yams

Storage tips

- Keep tomatoes out of the fridge: they stop ripening and lose flavour (5+ A Day).
- Freeze ripe bananas for smoothies, and feijoa flesh in bags for baking later in the year.
- Slice and freeze banana bread or loaves so you can toast a piece at a time.

Source: 5+ A Day Charitable Trust, "Eating in Season". Produce is listed in the season it usually first becomes available; many items run longer. Bananas, grapes and pineapples are imported and available all year. Months are a rough guide and vary by region.