WasteLess

Fridge Inventory

Date :

Qty	Product	Used by

WasteLess

weekly meal plan

from to

monday

tuesday

wednesday

thursday

friday

saturday

sunday

grocery list

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

notes:

WasteLess

weekly *meal* plan reflection

Did any of my meals go to waste?

What can be frozen at the end of the week before it goes bad?

What ingredients are leftover that I can use for a meal next week?