

Day	Meal/s	Shopping List
Monday		Fruit and Vegetables
Tuesday	<p><b>Eatwell Guide</b></p> <p>Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.</p>	Store Cupboard
Wednesday		Fresh Foods
Thursday		Frozen Foods
Friday		Other
Saturday		
Sunday		