

Weekly Meal Planner — Plan 7 Days of Meals

A meal planner takes 15 minutes on a Sunday and saves hours of decision-making, last-minute supermarket trips and food waste during the week.

How to meal plan

- Check what's already in the fridge and freezer
- Plan 5–7 dinners around what you have
- Write your shopping list directly from the plan
- Build in a flexible night for leftovers

Benefits

- Reduces food waste by an average of £700 per year (WRAP estimates)
- Saves money by preventing impulse buys
- Reduces decision fatigue — the what's-for-dinner question is answered