



# Weekly Meal Planner

	Breakfast	Lunch	Dinner	Snacks
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*What can you make today and use the leftovers of tomorrow?*

*Take a look in our fresh aisles for those all important 5 a day*

*Why not try going meat-free this midweek?*

*Give a "Fakeaway" a go and get into the weekend spirit*

## Grocery List


*Missing an ingredient? Don't forget Co-op delivers!*

*And don't forget your bags for life!*