

TIP

write it down as you go -
don't rely on your memory
at the end of
the day as you
will miss things

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FOOD PLANNER

WEEK: _____

BREAKFAST

LUNCH

DINNER

SNACK

H2O

MON

ML/CUPS

TUE

ML/CUPS

WED

ML/CUPS

THU

ML/CUPS

FRI

ML/CUPS

SAT

ML/CUPS

SUN

ML/CUPS

TIP

Plan your meals for the week alongside writing your list - this means you are more likely to only buy what you need

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SHOPPING LIST

VEGETABLES

--

MEAT/FISH/ALTERNATIVES

--

CEREALS/GRAINS

--

BEVERAGES

--

FRUIT

--

SAUCES & CONDIMENTS

--

DAIRY/ALTERNATIVES

--

SPICES

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