

Fridge Clean-Out Planner

Cook what you already have before you shop for more.

DATE

NEXT SHOP

What needs using this week

ITEM	WHERE IT IS	USE BY	MEAL IT CAN GO IN

Meals I can make from this, with nothing extra

Clean-out checklist

- ☐ Empty shelves one at a time
- ☐ Move older items to the front
- ☐ Bin anything past its date
- ☐ Wipe jars before they go back
- ☐ Wipe shelves and drawers
- ☐ Note what keeps getting wasted
- ☐ Check the door seals
- ☐ Add restocks to the list

WHAT WE WASTED MOST THIS MONTH – AND WHY