

FREE PRINTABLE · MEALS

# 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 |
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## 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