

MEAL PLAN THE UNWASTE WAY

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| BREAKFASTS | LUNCHES |
| SNACKS | |

DINNERS

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| UNWASTING THIS WEEK | FROM THE FREEZER |
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SHOPPING LIST

| | | |
|------------------------|--------------|--------------------|
| FRUIT & VEG | MEAT | FROZEN |
| | DAIRY | OTHER STUFF |
| BREAD | | |



THE GREAT UNWASTE

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