

Shop your kitchen first

Use this planner before your next grocery trip. Check what is already in your pantry, refrigerator, and freezer, identify food that should be used soon, and turn what you already own into meals before buying more.

Goal: reduce food waste, avoid duplicate purchases, and make the next grocery trip more intentional.

1. PANTRY

Item	Qty.	Use Soon?	Meal / Use Idea

2. REFRIGERATOR

Item	Qty.	Use Soon?	Meal / Use Idea

3. FREEZER

Item	Qty.	Use Soon?	Meal / Use Idea

Food to use first

List items that are closest to expiring, already opened, or most likely to be forgotten.

4. MEALS I CAN MAKE FROM WHAT I ALREADY HAVE

Meal	What I Already Have	What I Still Need
Meal 1		
Meal 2		
Meal 3		
Meal 4		
Meal 5		

5. ONLY BUY WHAT IS MISSING

Build your grocery list only after planning meals from what you already have.

☐

☐

☐

☐

☐

☐

BEFORE I SHOP

- ☐ I checked the pantry.
- ☐ I checked the refrigerator.
- ☐ I checked the freezer.
- ☐ I planned meals first.
- ☐ I checked quantities.
- ☐ I am buying only what is missing.