

Smart Food Shopping Checklist

- Do an audit:** check what's hiding at the back of the fridge and in the cupboard before you go.
- Meal plan:** make a list of what meals you would like to eat for the week, and write out the exact ingredients you need - nothing more.
- Stick to the list:** write a list of exactly what you need for the week and stick to it.
- Don't shop hungry:** when you're walking down the aisles on an empty stomach, you're much more likely to impulse buy and spend more money than necessary.

Never meal planned before?

Click on our ultimate guide to effective

[meal planning](#)