Pantry Challenge Planner

Shop your kitchen first · top up fresh basics only

Pantry	Fridge	Freezer	Use first

Week	Focus	My meals
Week 1	Fresh and opened food	
Week 2	Grains and beans	
Week 3	Frozen food and sauces	
Week 4	Odds and ends	

Running list (ran out of)	Fresh top-up list

Weekly top-up limit: _____