



Shopping List Planner

It's important that you only buy what you need to use throughout the week. This method of shopping will save you time and money. Only go to the supermarket fully prepared and never shop on an empty stomach as you are more likely to buy quick fix foods which are bad for you.

Simply fill in the ingredients you need to make your meals and then find them. Don't be scared to ask a member of staff if you can't find something. I do still do this!

Ingredients

Fridge /Fresh Produce

Cupboard

Freezer

Treat

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