Write down every ingredient needed for every meal, and the number of serves needed per meal, then make your shopping list.

| Food Item | Number of serves per meal |  |  |  | Total Serves |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | Breakfasts | Lunches | Dinners | Snacks (Morning/ Afternoon Tea, Supper) |  |
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