FREE

Shop Your Kitchen First

The cheapest food you will ever buy is the food you already own. So before the list, you write down what is already in the cupboard. You can only see what you are missing once you can see what you have.

Ten things I already have at home

Walk the kitchen and pantry. Write ten. (Rice, pasta, flour, tinned tomatoes, eggs, frozen veg, onions, potatoes, oats, lentils, the half-jar of sauce at the back.)

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Now plan the week around what you have

Three to five dinners built from the ten things above, plus a couple of fresh bits.

Now the list, only what is missing

> *Do not buy a second jar of something that is already in the pantry. That is how you shop twice for the same dinner.*