

# Weekly Meal Planner

Let's get **CRACKING**

As a Zero Hero, your fundraising...  
 tackles food waste ☒  
 helps us to get food to 1 million people ☒

**ZERO  
WASTE**  
Challenge

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Lunch	Host a surplus bake sale						
Dinner	Cook a banana skin curry						
Leftovers	Take stock of what's in your fridge						
Fundraising ideas	Donate £3 for each item thrown in the bin or the money you save on food shopping throughout the challenge.						