

7-day pantry challenge

Plan from stock. Buy the gaps. Dates and storage guidance still apply.

Week of

Top-up budget

ITEM / MEAL	QTY / PORTIONS	USE / PLAN	BUY / CARRY FORWARD
Starting stock: check dates and choose what to use first			
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Week-end review: used up, still here, and planned restocks			