Three dinners from what you already own

Turn pantry and freezer ingredients into dinners before buying more.

Three steps

1. Check safe storage dates
2. Choose three ingredients that need using
3. Write only the missing items

A worked example

Use-first ingredient	Frozen vegetables
Meal	Vegetable rice
Ingredients already owned	Rice and vegetables
Only buy	Eggs

One dinner needs only eggs; avoid buying ingredients already at home.

Do not use food with uncertain safety; choose an alternative.

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Use one row per item or decision. Start with what you know.

Use-first ingredient	Meal	Ingredients already owned	Only buy

My next action / when