

Fridge Inventory

This Checklist was produced by the Cheapskates Club—
www.cheapskates.com.au

Meats, including Deli meats & sandwich fillings

Dairy & Condiments
(Milk, Cheese, Eggs, Cream, Yogurts and sauces, mustards, dressings etc)

Fruits & Vegetables

Prepared Meals & Leftovers
