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Menu Planner

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Cooking							
Cleaning							

SAMPLE

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Toast	Porridge	Toast	Porridge	Toast	Yoghurt	Pikelets
Lunch	Leftovers	Leftovers	Leftovers	Leftovers	Leftovers	Leftovers	Out
Dinner	Thai fishcakes	Gnocchi	Beef stirfry	Spinach pasta	Okonomiyaki	Veg risotto	Bibim bap
Snacks	Savory muffin	Veg sticks	Chips	Biscuits	Fruit	Nuts & cheese	Nuts & cheese
Cooking	Sarah	Simon	Sarah	Simon	Sarah	Simon	Shared
Cleaning	Simon	Sarah	Simon	Sarah	Simon	Sarah	Shared

Shopping List:

TOTAL:

Start off by thinking 'what do I already have?' and fill in the gaps from there. See <http://www.simplesavings.com.au/21dollarchallenge/> or <http://perfecthealthdiet.com> for suggestions.

Use online shopping to make an estimate or base one on your previous shop.

Are there any ingredients that can be used in more than one recipe? What items can you be flexible on (e.g. beef OR lamb, depending on specials)? What substitutions can you make?

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TOTAL:

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