

# MONEY SAVER MEAL PLANNER

CHECK YOUR WEEK • CHECK WHAT YOU'VE GOT • CHOOSE MEALS • CREATE YOUR LIST • REPEAT • SAVE MONEY

MONDAY RĀHINA	TUESDAY RĀTŪ	WEDNESDAY RĀAPA	THURSDAY RĀPARE	FRIDAY RĀMERE	SATURDAY RĀHOROI	SUNDAY RĀTAPU

*don't forget to use leftovers*

*Tear me off and take me with you*



## SHOPPING LIST



SCAN HERE FOR FREE MEAL INSPO