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

SHOPPING LIST

Tear me off and take me with you

FOOD CRITICS APPROVED

LOVE FOOD hate waste NEW ZEALAND

SCAN HERE FOR FREE MEAL INSPO

SAVE MONEY DO BETTER MEAL PLANNING

1. CHECK YOUR WEEK

WHO'S HOME?
WHEN WILL YOU BE BUSY OR TIRED?

2. CHECK WHAT YOU'VE GOT

SEE WHAT NEEDS USING UP IN YOUR FRIDGE, FREEZER & PANTRY.

3. CHOOSE YOUR MEALS

PLAN EASY, FLEXIBLE MEALS. DON'T FORGET TO USE YOUR LEFTOVERS.

4. CREATE YOUR LIST

AND TAKE IT WITH YOU.

REPEAT AND SAVE MONEY!

LOVE FOOD hate waste NEW ZEALAND

SCAN FOR FREE MONEY SAVER MEAL PLANNER