

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

