



## 14 Day Menu Planner

- Check through your pantry, fridge and freezer to see what meals you can make with what you already have
- Write these meals into the Menu Planner
- Fill in the blanks with other Meals and create a shopping list of items that you NEED
- Stick to your list when you go shopping!
- Plan for a fortnightly shop for groceries. Fruit and vegetables may need be done on a more regular basis
- For other great savings ideas with grocery shopping, register at [www.secretbudget.net](http://www.secretbudget.net)!

<b>Week 1</b>	<b>Meal</b>	<b>Recipe Book &amp; Page #</b>
<i>Example</i>	<i>Beef Stroganoff with Rice</i>	<i>Woman's Weekly – Pg 32</i>
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
<b>Week 2</b>	<b>Meal</b>	<b>Recipe Book &amp; Page #</b>
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		