

weekly menu planner

a simple plan for a better life

day of week	name of recipe	book and page no.
monday	plymouth pie	Everyday Smart Food p. 37
tuesday	crispy bacon	Stunning Food p. 25
wednesday	goulash	Stunning Food p. 16
thursday	mushroom & bacon fettucine	Stunning Food p. 58
friday	mini toads in the hole	Stunning Food p. 36
saturday	self crusting quiche	Stunning Food p. 67
sunday	roast chicken with vegetables	-----
baking	chocolate chip cookies	Stunning Food p.77



Every time you take to the kitchen you are saving yourself big money. Sit down and work out the cost of takeaway or a semi-processed meal and compare it to actually cooking your own meal. You should be saving yourself about \$20 every mealtime. If you cooked 6 dinners this week you have saved your family \$120 (6 x \$20).

weekly results: meals cooked

money saved: \$

how do you feel?

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