

NO MONEY
NO TIME


	M	T	W	T	F	S	S
MEAL							
WHO'S COOKING?							
CLEAN UP							

1. Choose your recipes and plan them out for the week, do the shopping and work out the best way to share the costs.
2. If you're in a share house, work out a balance for sharing meals ('family dinners') and night's where everyone fends for themselves (put these in to the meal plan too).
3. Share the cooking, and the clean-up. The chef gets the night off cleaning!


CLICK HERE FOR OUR
BUDGET MEAL PLAN



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


M



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W



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BREAKFAST

LUNCH

DINNER

SNACKS

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