

Budget Meal Planner

Plan satisfying meals that work for your week and your wallet.

WEEK COMMENCING

WEEKLY FOOD BUDGET	PLANNED SPEND	ACTUAL SPEND	DIFFERENCE / REMAINING
£	£	£	£

	BREAKFAST	LUNCH	DINNER	EST. COST
Mon				£
Tue				£
Wed				£
Thu				£
Fri				£
Sat				£
Sun				£

LOW-COST STAPLES TO USE	BATCH COOK / LEFTOVERS	MEALS OUT / TAKEAWAY BUDGET
		Plan it in and enjoy it.

Estimate, Then Check

Write your estimate before you shop, the real price as you go. Two weeks of this and you'll know your shop better than any app does.

FRUIT & VEGETABLES	EST.	ACTUAL

CUPBOARD & BAKERY	EST.	ACTUAL

MEAT, FISH & PROTEIN	EST.	ACTUAL

FROZEN	EST.	ACTUAL

DAIRY & CHILLED	EST.	ACTUAL

DRINKS & OTHER	EST.	ACTUAL

ESTIMATED TOTAL	ACTUAL TOTAL	DIFFERENCE
£ _____	£ _____	£ _____

Eating well on a budget is mostly planning. If you'd rather have it planned for you — meals, macros and the shopping list — that's **£19.99** once.