PERSONAL FINANCE EDUCATION

MEAL PLANNING

HAVE YOU CONSIDERED MEAL Planning to help your budget?



CHOOSE FOODS BASED ON SALE FLYERS

SHOP YOUR PANTRY FIRST

KEEP IT SIMPLE

SET ASIDE A DAY TO

PREP/COOK

DOUBLE MEALS TO FREEZE

PREP SNACKS IN ADVANCE

SPEND TIME UPFRONT TO SAVE TIME LATER



FINANCESAND.NET I went to school, so you don't have to.