

The weekly menu plan is absolutely fundamental to serious money savers. A menu plan can be as simple as the one below or can encompass snacks, breakfasts and even entertaining.

Without a menu plan every day has the potential to blow the budget. Over a period of weeks your menu plan allows to gain a "nutritional overview", see which weeks were the cheapest and also teach other members of the household to prepare the dishes!

For the recipes in the sample menu plan click the link to our forum, the recipes are all in there. Feel free to add your own cheap family favourites to the thread.

Sample weekly menu plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Creamy Soup & Savoury Quick Bread (\$4.90)	Red Lentil Bolognaise (\$6.95)	One Pan Pumpkin Pasta Bake (\$9.97)	Spicy Sausage Calzone (\$6.56)	Patty Pan Frittata with Bacon & Corn (\$7.64)	Fried Rice (\$6.01)	Honey Beef Noodle Stir Fry (\$8.95)