

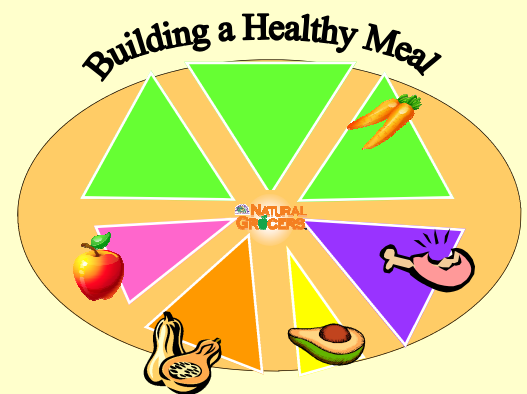
Healthy and Delicious on a Budget™ — Menu Planner

	Dinner
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Breakfast*

Lunch*

Snacks



* Leftovers from dinner can be delicious and satisfying when used as a part of your breakfast and/or lunch. See supporting document *Healthy and Delicious on a Budget, Budget Basics* for additional tips and tricks.

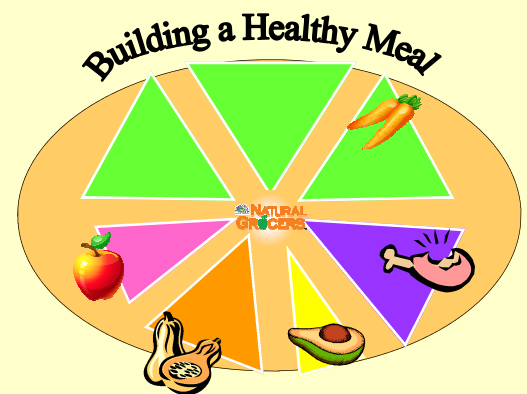
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