

Tuesday	
Total	
Wednesday	
Total	
Thursday	
Total	
Friday	
Total	

How to eat

(on \$2 a day)



the \$2 a day challenge

SIMPLE MEALS

BAKED POTATO



0.43

CREAMY SOUP PASTA BAKE



0.43

HOOPS (OR BEANS) ON TOAST



0.10

NOODLE STIR FRY



0.55

Dear diary...

Use this space to keep a diary of what you eat this week, and how much it costs! This should help you to keep track of where your money is going, and also tells us of any smart ideas of cheap food we can make for the challenge next year...

Saturday	
	Total

Sunday	
	Total

Monday	
	Total