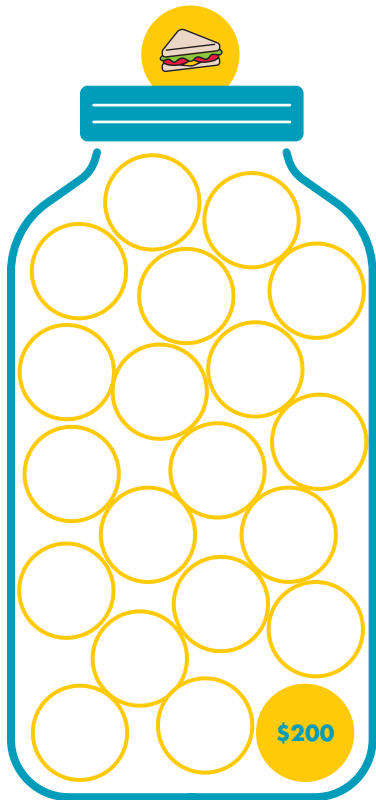


# BOOST YOUR BUDGET

## 4-WEEK CHALLENGE

### PACKED LUNCH CHALLENGE



Bringing your lunch to work can save around \$10 a day. **That's \$200 after 4 weeks of a 5 day work week!**

I'm saving for...

My savings goal... \$

### CHEAP AND EASY LUNCH IDEAS



Mexibean melt



Baked potato



Singapore noodles



Cheese and salad sandwich



Asian slaw with tuna



Mason jar salad

Other ways I'm saving...

### COFFEE SAVINGS CHALLENGE



Making coffee at home can save around \$5 per coffee. **That's \$140 over 4 weeks!**

**MY TOTAL SAVINGS!**



Government of Western Australia  
Department of Health



# BOOST YOUR BUDGET

## 4-WEEK CHALLENGE

### BREAKFASTS

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### LUNCHES

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### WHAT'S FOR DINNER?

SUNDAY

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MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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### SHOPPING LIST

FRUITS & VEGIES

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FREEZER SECTION

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BAKERY

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PANTRY ITEMS

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HOUSEHOLD SUPPLIES

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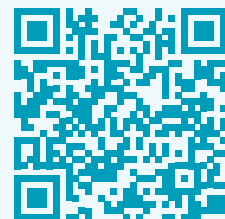
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Scan for tips on how to save!



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