

A person wearing a grey sweater is writing in a small, lined notebook. They are standing in a grocery store, with a shopping cart visible. The background is filled with fresh produce, including bananas, tomatoes, and green beans, all slightly out of focus. The person's hands are the main focus, with one hand holding the notebook and the other holding a pen.

SAVE MONEY WITH MEAL PLANNING

Saving money to cover your next home project or a **down payment** for a future home purchase can be daunting. Planning your meals is a simple way to get started saving.

Meal planning can save the average family of four \$50-\$200 a week on groceries and eating out. Here are some tips to get started:

- Plan your meals for the coming week each Sunday and aim to visit the grocery store just once each week. This saves you money and time.
- When planning, reuse ingredients so nothing goes to waste. For example, if one recipe calls for just half a bunch of carrots, plan another recipe later in the week that will use the other half.
- Check your pantry and refrigerator before making your plan for the week, aiming to use all of your current ingredients before buying new ones.
- Plan your meals so that you make enough for leftovers, useful for packing lunches so you can avoid eating out at the office.

Thinking about selling or buying? Contact me for more ideas to prepare for your next step.