

Daily Expenses – Meals and Miscellaneous

Sunday الأحد	Monday الإثنين	Tuesday الإثنين	Wednesday الأربعاء	Thursday الخميس	Friday الجمعة	Saturday السبت
Breakfast: فطور fatoor	Breakfast: فطور fatoor	Breakfast: فطور fatoor	Breakfast: فطور fatoor	Breakfast: فطور fatoor	Breakfast: فطور fatoor	Breakfast: فطور fatoor
Lunch : ghadaa غداء	Lunch : ghadaa غداء	Lunch : ghadaa غداء	Lunch : ghadaa غداء	Lunch : ghadaa غداء	Lunch : ghadaa غداء	Lunch : ghadaa غداء
Dinner: 'ashaa عشاء	Dinner: 'ashaa عشاء	Dinner: 'ashaa عشاء	Dinner: 'ashaa عشاء	Dinner: 'ashaa عشاء	Dinner: 'ashaa عشاء	Dinner: 'ashaa عشاء
Other expenses: (drycleaning, etc)						

Tips: Write down each meal and each meal's ingredients to purchase for the week, along with each price. If items will be used in more than one meal, divide the price by the number of shared meals. Total up each meal and day's expenses. Make a few different weekly menus and rotate between them.