

Financial Health

Instagram Budgeting

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Here are some useful Instagram pages that you can check out and follow to help with your Budgeting journey!

thebalancecoachuk - meal prepping on a budget. Wholesome meals and snacks for around £20 per person per week.

Thesavyspenderofficial – lots of shopping and money tips

This.mum.cooks – Shopping and cooking on a budget

Budgetmumsoph – Budget cooking