

THRIFTY BOOMERS MEAL PLANNER GPT

Thank you for your purchase

Your AI-powered assistant to save \$50+ a week on groceries
— simple, smart, and stress-free.



Please Keep this PDF in a safe place!



Welcome & Access

Step 1: Access Your GPT

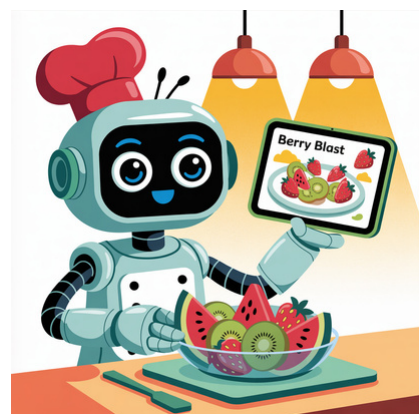
Click Button for Your Meal
Planner GPT



Direct Link: <https://www.thriftyboomers.com/meal-planner>

⚠ Note: You'll need a ChatGPT account. You do not need to upgrade to the Plus account to use this meal planner gpt.

You can open a Chatgpt account at www.chatgpt.com



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Step 2: How to Use It

Open the GPT link (click the button in step1)

Answer a few quick questions:

Weekly grocery budget?

Dietary needs (low-sodium, high-protein, diabetic-friendly, etc.)?

How many people you're cooking for?

In minutes, your 7-day meal plan + grocery list will be ready.

Want extra ideas? Just ask the GPT for substitutions, leftovers tips, or more recipes

"A WELL-PLANNED MEAL IS MONEY IN THE BANK".



Step 3: Quick Tips for Best Results

💡 Cook once, eat twice → Repurpose dinners for lunches

💡 Start with pantry staples → Save money by using what you have

💡 Ask for swaps → GPT suggests cheaper alternatives

💡 Stay consistent → Use it weekly to save \$200+/month



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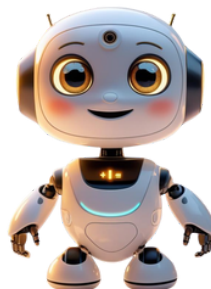
Your Welcome PDF has also been sent to your email, so you'll always have the link handy.

Need Help?

If you get stuck or have questions, email me at:

✉️ hello@thriftyboomers.com

Thank you so much,



You're now part of the Thrifty Boomers family — welcome! 🎉 Enjoy your new Meal Planner GPT and start saving today. I'll also be sending you money-saving tips and side hustle ideas to keep you inspired along the way. 💛

I promise not to spam and you can unsubscribe at any time.