Use this resource to help you plan your grocery trip so that you can save money and time!

Week of: $\qquad$

## Grocery Budget:

$\qquad$
Last Grocery Amount: $\qquad$

To help you identify food items to include in your shopping list, meal planning for the week will save you money and time! Use the chart below to write down meal ideas for the week.

|  | Breakfast | Lunch | Snack | Dinner |
| :---: | :--- | :--- | :--- | :--- |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |
| Sunday |  |  |  |  |

Once finished, use this list to check for items you already have at home.
Don't forget to include events or family dinners!

## Weekly Grocery Budget

$7 \%$
Time to shop! Use this page to write out your grocery list based on the remaining items you need. Try to categorize the items based on the layout of your grocery store. This will save you time and energy while out shopping!

Categories may include: produce, dairy, deli or meats, dry ingredients, or frozen food. Calculate as you go to stick within your budget!

Grocery Budget: $\qquad$
Write down your shopping list using the section below:

| Needs: | Price: |
| :--- | :--- |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| Wants: |  |
|  |  |
|  |  |
|  |  |
| Total: |  |
|  |  |

Don't forget to add your total expense to your budget

