Grocery budget

Set the month, split it by week and write every trip down.

Month _____ Year _____

Month budget	Per week	Spent	Left
$	$	$	$

Trips

Date	Store	Spent	Saved	Left this month
		$	$	$
		$	$	$
		$	$	$
		$	$	$
		$	$	$
		$	$	$
		$	$	$
		$	$	$
		$	$	$
		$	$	$
		$	$	$
		$	$	$
		$	$	$
		$	$	$
		$	$	$
		$	$	$
		$	$	$

Went over because

Try next month

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Grocery list

Guess the price before you shop. Compare at the register.

Week of _____ Budget $ _____ Spent $ _____

Produce

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☐		

Pantry

☐		
☐		
☐		
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☐		
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Household

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Meat and protein

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Frozen

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Personal care

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Dairy and eggs

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Bakery

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Other

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Price book

Write the unit price at the stores you use. You will know a real sale when you see one.

Item and size	Store 1	Store 2	Store 3	Lowest	Stock up at
Eggs	$	$	$	$	$
Milk	$	$	$	$	$
Bread	$	$	$	$	$
Rice	$	$	$	$	$
Pasta	$	$	$	$	$
Chicken	$	$	$	$	$
Ground beef	$	$	$	$	$
Beans	$	$	$	$	$
Cheese	$	$	$	$	$
Butter	$	$	$	$	$
Coffee	$	$	$	$	$
Cereal	$	$	$	$	$
Bananas	$	$	$	$	$
Potatoes	$	$	$	$	$
Onions	$	$	$	$	$
Toilet paper	$	$	$	$	$
Laundry soap	$	$	$	$	$
	$	$	$	$	$
	$	$	$	$	$
	$	$	$	$	$
	$	$	$	$	$
	$	$	$	$	$
	$	$	$	$	$
	$	$	$	$	$
	$	$	$	$	$
	$	$	$	$	$
	$	$	$	$	$
	$	$	$	$	$
	$	$	$	$	$

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Pantry inventory

Check this before you write a list.

Pantry

Item	Qty	Use by

Fridge

Item	Qty	Use by

Freezer

Item	Qty	Use by

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