



A grocery plan is just a budget wearing dinner clothes.

WEEK OF

PEOPLE

WEEKLY BUDGET

PANTRY-FIRST GOAL

DO THE PANTRY SWEEP BEFORE THE STORE DOES YOUR THINKING

- ☐ Produce to use first
- ☐ Protein already on hand
- ☐ Grains, beans, and cans
- ☐ Freezer or leftovers

| DAY | DINNER | PLANNED LEFTOVERS | NEED TO BUY |
|-----|--------|-------------------|-------------|
| MON |        |                   |             |
| TUE |        |                   |             |
| WED |        |                   |             |
| THU |        |                   |             |
| FRI |        |                   |             |
| SAT |        |                   |             |
| SUN |        |                   |             |

THE BUDGET GUARDRAIL

PLANNED GROCERIES

PANTRY REPLACEMENTS

FLEX MONEY

PLANNED TOTAL

If the total is over budget here, the cart won't develop better judgment later.



Write what the plan needs. Skip what the pantry already volunteered.

## PRODUCE

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## PROTEIN

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## GRAINS, BEANS + PANTRY

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## DAIRY, FRIDGE + FREEZER

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## CHECKOUT MATH

PLANNED TOTAL

ACTUAL TOTAL

DIFFERENCE

NEXT WEEK'S NOTE

### LET THE SITE HANDLE THE PARTS PAPER CAN'T

Combine and scale several recipes

[daily-life-hacks.com/tools/shopping-list-builder/](https://daily-life-hacks.com/tools/shopping-list-builder/)

Plan seven days with priced menus

[daily-life-hacks.com/tools/grocery-budget-calculator/](https://daily-life-hacks.com/tools/grocery-budget-calculator/)

Compare foods by price and value

[daily-life-hacks.com/food-value-database/](https://daily-life-hacks.com/food-value-database/)

Plan once. Shop once. Try not to buy a fourth jar of paprika.