

# WEEKLY GROCERY STRATEGY

Day

Preparation Steps

Inventory & List

Mon - Tue

- Meal Planning
- Check fridge leftovers

Wednesday

- Check pantry staples
- Review weekly flyers

Thursday

- Finalize shopping list
- Organize coupons

Fri - Sat

- **SHOPPING DAY**
- **Prep fresh produce**

Sunday

- Bulk cooking
- Set snacks for week

**ESSENTIALS TO RE-STOCK:**