

# BUDGET GROCERY PLANNER

Week Of: \_\_\_\_\_

Store(s): \_\_\_\_\_

Weekly Goal: \$ \_\_\_\_\_

DAY	SHOPPING & PREP TASK	SAVINGS STRATEGY / INVENTORY CHECK
<b>Mon</b>	Inventory pantry & fridge	Shop your kitchen first. Note what expires soon.
<b>Tue</b>	Review weekly circulars	Circle loss leaders (deeply discounted items).
<b>Wed</b>	Finalize Meal Plan	Build meals around items already owned + sales.
<b>Thu</b>	Organize digital coupons	Match coupons to your finalized shopping list.
<b>Fri</b>	Main Shopping Trip	Stick strictly to the list. Buy generic brands.
<b>Sat</b>	Bulk Prep / Produce Wash	Prep proteins and veggies to prevent waste.
<b>Sun</b>	Leftover Management	Plan "zero-waste" dinner to clear the fridge.

Total Spent: \$ \_\_\_\_\_ Difference: \$ \_\_\_\_\_