



# SHOPPING LIST

The faster you shop, the less you spend. Nothing forgotten, lots of money saved.

Weekly budget: \$ \_\_\_\_\_



## FRUITS

Budget: \$ \_\_\_\_\_

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## VEGETABLES

Budget: \$ \_\_\_\_\_

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## GRAINS

Budget: \$ \_\_\_\_\_

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## PROTEIN

Budget: \$ \_\_\_\_\_

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## DAIRY

Budget: \$ \_\_\_\_\_

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## OILS AND OTHERS

Budget: \$ \_\_\_\_\_

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# MEAL PLANNER

Save money and time by planning meals for the next couple of days before you shop.

	BREAKFAST	LUNCH	SUPPER
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



# PRICE TRACKER

Shop smart. Keep an eye on prices of items you buy often. Find stores with bargains and times when prices drop.

FOOD	STORE/DATE/PRICE	STORE/DATE/PRICE	STORE/DATE/PRICE	STORE/DATE/PRICE
Broccoli	Costco 2/5/12 \$1.53 lb	Kroger's 3/1/12 \$1.65 lb	Walmart 4/22/12 \$1.59 lb	Any Market 5/1/12 \$1.56 lb



# SAMPLE SHOPPING LIST

**Weekly budget:** \$35 (One week's meals at \$5 a day.)



## FRUITS

Budget: \$ 6-7

7 pears

7 bananas

12 ounce box raisins



## VEGETABLES

Budget: \$ 8-9

1 pound frozen broccoli

1 head cabbage

2 pounds carrots

5 pounds potatoes



## GRAINS

Budget: \$ 5

18 ounces rolled oats

2 pounds brown rice



## PROTEIN

Budget: \$ 6-7

1 pound beans

1 pound ground turkey



## DAIRY

Budget: \$ 5-6

1 gallon non-fat milk

32 ounces plain yogurt



## OILS AND OTHERS

Budget: \$ 2-3

1 head of garlic

## A HEALTHY BUDGET

For every \$25 you can spend on food, experts suggest:

- \$6 for vegetables
- \$5 for fruits
- \$4 for grains
- \$4-5 for proteins
- \$4 for dairy
- \$1-2 for oils and other foods

