

# Weekly Grocery Budget



Use this resource to help you plan your grocery trip so that you can save money and time!

Week of: \_\_\_\_\_

Grocery Budget: \_\_\_\_\_

Last Grocery Amount: \_\_\_\_\_

To help you identify food items to include in your shopping list, meal planning for the week will save you money and time! Use the chart below to write down meal ideas for the week.

	Breakfast	Lunch	Snack	Dinner
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Once finished, use this list to check for items you already have at home.

Don't forget to include events or family dinners!

