



Date:	Budget Amount: \$
Sunday:	
Monday:	
Tuesday:	
Wednesday:	
Thursday:	
Friday:	
Saturday:	
Extra Meal:	

Shopping List		
		Breakfast:
Milk		
Bread		
Eggs		
		Lunch:
		Toiletries:
		Household:

Notes: (Ex: Pot roast, potatoes, green beans.) Think about the ingredients for the entire meal. Don't forget seasonings. If you already have something, do not list it below, only list items you NEED to create your meal. Stick to your Budget Amount! Calculate as you go. Round prices up. This will help pay for the sales taxes at the end. COUPONS are your friends! Refrain for mid week shopping trips that are outside of this Grocery sheet. Can it wait until next week??