CHECKLIST · FINANCIAL MANAGEMENT

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# Creating a Weekly Grocery Budget



Setting a weekly grocery budget helps you save money and prevent food waste. Use this checklist to manage your shopping effectively.

10 steps · Print-ready A4

NAME _____ START _____ TARGET DATE _____

## 1 Determine Your Weekly Budget

Decide how much you can afford to spend on groceries each week based on your overall budget.

EXAMPLE *Set a $100 limit for a family of four and stick to it.*

## 2 Plan Meals for the Week

Create a menu for all meals to avoid buying unnecessary items or wasting food.

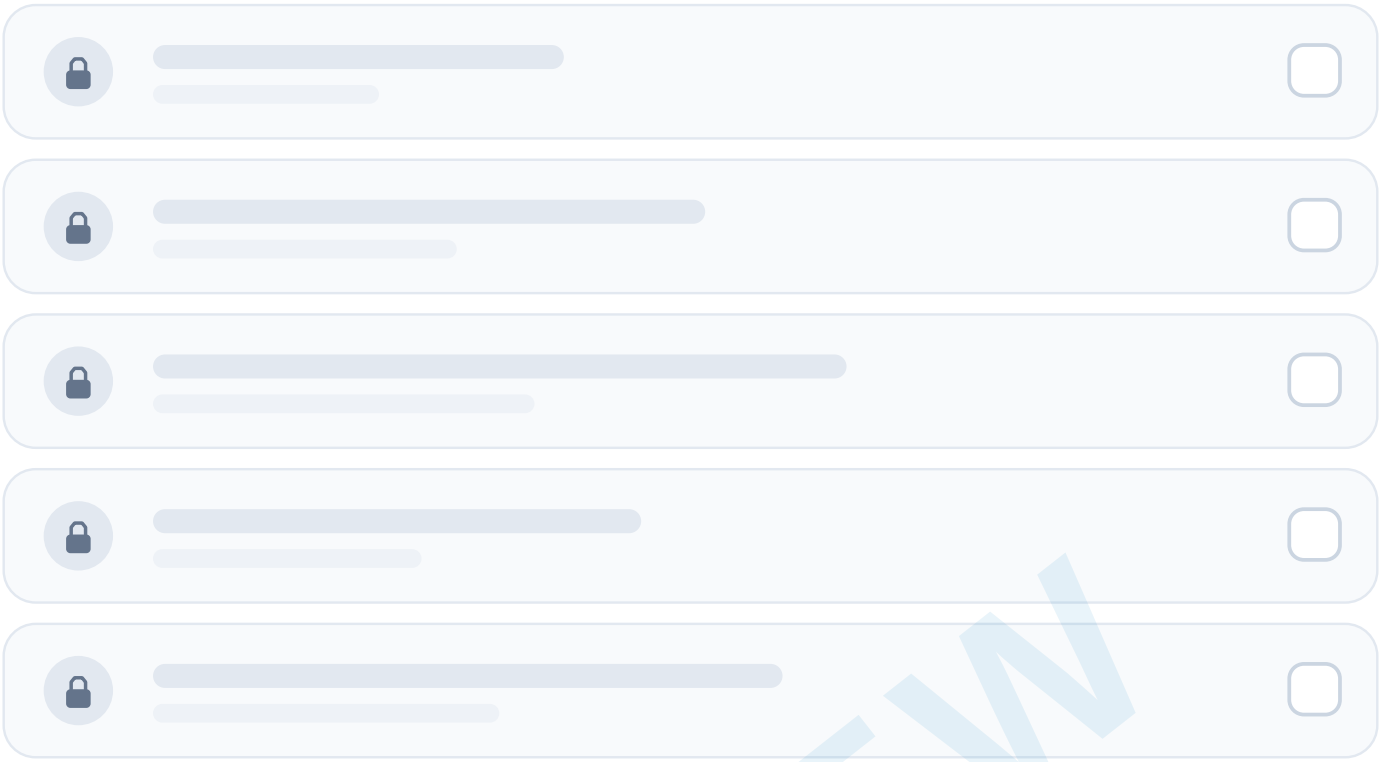
TIP *Include at least one meal that uses leftovers to stretch your groceries further.*

## 3 Make a Detailed Shopping List

Write down all the ingredients and quantities needed for your weekly meals.

TIP *Organize your list by store sections, like produce, dairy, and pantry items, to save time.*

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