

# Weekly Grocery Budget Planner

Budget: \$ \_\_\_\_\_ Last Week: \$ \_\_\_\_\_ Difference: \$ \_\_\_\_\_

2026 PLANNER

## This Week's Meal Plan

|           | MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------|-----|-----|-----|-----|-----|-----|-----|
| BREAKFAST |     |     |     |     |     |     |     |
| LUNCH     |     |     |     |     |     |     |     |
| DINNER    |     |     |     |     |     |     |     |

## Shopping List

| Produce       | Protein       | Dairy         | Pantry        | Frozen        |
|---------------|---------------|---------------|---------------|---------------|
|               |               |               |               |               |
|               |               |               |               |               |
|               |               |               |               |               |
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|               |               |               |               |               |
|               |               |               |               |               |
|               |               |               |               |               |
|               |               |               |               |               |
| Est: \$ _____ | Est: \$ _____ | Est: \$ _____ | Est: \$ _____ | Est: \$ _____ |

*"A little planning saves a lot of money."*

## Budget Tracker

|                 |                |                                                                                                                                                                                                                                                                                                                                                                                    |
|-----------------|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ESTIMATED TOTAL | ACTUAL SPENT   | <h3>Money-Saving Reminders</h3> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check pantry before shopping</li> <li><input type="checkbox"/> Shop the weekly sales first</li> <li><input type="checkbox"/> Buy store brand when possible</li> <li><input type="checkbox"/> Stick to the list!</li> <li><input type="checkbox"/> Avoid shopping hungry</li> </ul> |
| \$ _____        | \$ _____       |                                                                                                                                                                                                                                                                                                                                                                                    |
| SAVED VS BUDGET | TRIPS TO STORE |                                                                                                                                                                                                                                                                                                                                                                                    |
| \$ _____        | _____          |                                                                                                                                                                                                                                                                                                                                                                                    |

## Pantry & Freezer Check — shop your kitchen first

| What's in your kitchen?                                                                                                                                                                                                    |                                                                                                                                                                                                                     |                                                                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Staples to use up</b><br><input type="checkbox"/> Rice / pasta / grains<br><input type="checkbox"/> Canned beans & tomatoes<br><input type="checkbox"/> Sauces & condiments<br><input type="checkbox"/> Snacks & cereal | <b>Freezer to use up</b><br><input type="checkbox"/> Meat / poultry / fish<br><input type="checkbox"/> Frozen veggies & fruit<br><input type="checkbox"/> Bread / leftovers<br><input type="checkbox"/> Ready meals | <b>Running low — restock</b><br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____ |

## Price Tracker — compare before you buy

| ITEM | STORE A  | STORE B  |
|------|----------|----------|
|      | \$ _____ | \$ _____ |
|      | \$ _____ | \$ _____ |
|      | \$ _____ | \$ _____ |

## Notes & Reminders