WEEKLY *tracker*

Write the week's number below, then add one row for every trip, even the quick stop for milk. Left is what remains after each trip.

DATE THE WEEK STARTS	WEEKLY NUMBER $	TOTAL SPENT $	LEFT OR OVER $

DATE	STORE	BUDGET FOR THIS TRIP $	SPENT $	LEFT THIS WEEK $
Example	*Corner Market*	*$60*	*$46.20*	*$73.80*
WEEK TOTAL				

How Left works

The first row starts from your weekly number. After that, Left = the last Left minus Spent. Example, made-up numbers: $120 − $46.20 = $73.80. Then $73.80 − $31.55 = $42.25.

NOTES FOR NEXT WEEK

ONE LIST · CHECKLIST · COPY 1 OF 2

SHOPPING LIST *by store section*

Write the list in the order you walk the store. Check the Eat This First list and the meal grid first, so you only write down what is missing.

STORE	DATE	WEEKLY NUMBER $	LEFT THIS WEEK $

PRODUCE

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

DAIRY & EGGS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

MEAT & SEAFOOD

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

PANTRY

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

FROZEN

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HOUSEHOLD

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

BEFORE YOU SHOP · COPY 1 OF 2

EAT THIS *first*

Check the pantry, fridge and freezer before you write your list. Anything that needs using soon goes here, and into the meal grid first.

DATE CHECKED	DATE THE WEEK STARTS	ITEMS USED UP

PANTRY

ITEM	HOW MANY	USE BY	USED
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐

FREEZER

ITEM	HOW MANY	FROZEN ON	USED
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐

Fridge and fruit bowl, use soon