

food budget WORKSHEET

GROCERY BUDGET

Time to break out your bank and credit card statements - the last 3 months! Got them? Total up each of these categories, divide by 3, and put your monthly average in the box:

MONTH 1	MONTH 2	MONTH 3	
			GROCERY STORES
			OTHER STORES
			TAKE-OUT
			RESTAURANTS
			QUICK STOPS
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			TOTAL
			ADD & DIVIDE BY 3
			YOUR NEW MONTHLY GROCERY BUDGET

WHICH METHOD?

How are you going to keep your grocery budget separate? You should only choose ONE option at first, until you are consistently sticking to your grocery budget.

CASH ENVELOPE

GENERIC GIFT CARD

STORE GIFT CARD

OTHER: _____

TOP 10 COUPON SYSTEM

The TOP 10 foundational items you'd like to find coupons for:
