



SAVE MORE. LIVE BETTER.

MY SHOPPING LIST HELPER



PLAN IT. LIST IT. CHECK IT. WE GOT THIS!



DATE:

____/____/____



WHERE I'M SHOPPING:



I'M SHOPPING FOR:



BUDGET:

\$ _____

FRUITS & VEGGIES

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Eat healthy, feel great!



DAIRY & FRIDGE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Milk, cheese, eggs and more!



PANTRY ITEMS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Stock up on yummy staples!



MEAT & PROTEIN

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Strong bodies need protein!



SNACKS & TREATS

- _____
- _____
- _____
- _____
- _____
- _____
- _____



Treats are fun in moderation!



HOUSEHOLD NEEDS

- _____
- _____
- _____
- _____
- _____
- _____
- _____



Keep our home clean & happy!



PERSONAL CARE

- _____
- _____
- _____
- _____
- _____
- _____
- _____



Stay clean, stay fresh!



EXTRAS / OTHER

- _____
- _____
- _____
- _____
- _____
- _____
- _____



Anything else we need!



THINGS I NEED TO REMEMBER

- _____
- _____
- _____
- _____



MY SHOPPING PLAN

- 1 Check what we already have. _____
- 2 Make my list. _____
- 3 Stick to my budget. _____
- 4 Check off as I shop! _____



AFTER WE SHOP

- Did I stick to my list?
- Did I stay in budget?
- Did I make smart choices?

I'm a shopping helper!



SAVE MORE. Live Better.



Great planning today leads to a better tomorrow!



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