

Make the shop count.

Check what you already have. Price the packages you still need to buy.

Week of _____ People eating _____

Spending limit for this trip _____ Reserved for other shopping _____

Ingredient	Need	Have	Package(s) to buy	Price to pay

Use the full package price, not the cost of the portion in one recipe.

Dinner ingredients _____

Other shopping + tax _____

Expected checkout total _____

ONE CHANGE TO MAKE BEFORE SHOPPING

After the trip: keep the receipt as a starting point for next week's prices.