

WEEKLY SMART SHOPPING LIST

Plan first. Shop by section. Spend less.

Week of: _____ Store: _____ Weekly budget: \$ _____ Target total: \$ _____

Before you shop: check the pantry, freezer, fridge, coupons, and store app.

PRODUCE

ITEM	QTY	\$
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____

PANTRY & CANNED GOODS

ITEM	QTY	\$
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____

MEAT & SEAFOOD

ITEM	QTY	\$
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____

FROZEN FOODS

ITEM	QTY	\$
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____

DAIRY & EGGS

ITEM	QTY	\$
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____

SNACKS & DRINKS

ITEM	QTY	\$
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____

BAKERY & BREAD

ITEM	QTY	\$
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____

HOUSEHOLD / PERSONAL

ITEM	QTY	\$
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____
☐ _____	_____	_____

SMART SHOPPING CHECK

- | | |
|--|--|
| ☐ Stick to the list | ☐ Compare unit prices |
| ☐ Buy store brands where it makes sense | ☐ Skip unplanned extras |

ESTIMATED TOTAL: \$ _____

ACTUAL TOTAL: \$ _____

HOW THIS SHOPPING LIST CAN HELP YOU SAVE \$150+ A MONTH

Used consistently, this list can help you control grocery spending by reducing impulse buys, duplicate purchases and food waste. The goal isn't to buy less food — it's to get more value from the money you're already spending.

1. SHOP YOUR KITCHEN FIRST

Check the refrigerator, freezer and pantry before making your list. Plan around what you already have, then buy only what is missing.

2. SET YOUR BUDGET FIRST

Write your weekly grocery budget at the top. Estimate prices as you build the list so you know whether you're on target before you shop.

3. SHOP BY STORE SECTION

Follow the list section by section. A more direct trip through the store means less wandering — and fewer opportunities for impulse purchases.

4. COMPARE UNIT PRICES

Compare the cost per ounce, pound or item. The biggest package isn't always the best deal, and store brands can often cost less.

5. GIVE EVERY EXTRA ITEM A REASON

Before adding something that isn't on the list, ask: **"What am I using this for this week?"** If you don't have an answer, consider putting it back.

6. TRACK YOUR ACTUAL TOTAL

Write down the receipt total after every trip. Comparing your budget, estimate and actual spending helps you spot where your money is going.

THE \$150 MONTHLY CHALLENGE

Saving **\$150 a month** works out to about **\$37.50 per week**.

Look for that \$37.50 through fewer impulse buys, lower-cost alternatives, using food already at home and wasting less.

PLAN IT. LIST IT. STICK TO IT. TRACK IT.

Savings vary by household, location, store prices, food preferences and current shopping habits.

Copyright (c) 2026 | Network World News | www.networkworldnews.com