

### Food Budget Shopping List

# Food

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### How to Use this Shopping List

- 1. Write your budget for each category at the top of the columns.
- 2. Write your shopping list for each category.
- 3. Add the prices of the items on the list either ahead of time or while you shop. Make sure the total keeps within your budget.

<b>Spend &amp; &gt;60% = Eat Most</b> \$	Spend & Eat ~30% = Moderately \$	<b>Spend &amp; &lt;10% = Eat Least</b> \$
Total \$	Total \$	Total \$

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