

Food Budget Shopping List

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.

Spend & >60% = Eat Most \$	Spend & Eat ~30% = Moderately \$	Spend & <10% = Eat Least \$
Total \$	Total \$	Total \$