

THE SMART FAMILY MEAL & GROCERY BUDGET PLANNER

A 52-WEEK MONEY-SAVING MENU PLANNER, PANTRY INVENTORY TRACKER
& SUPERMARKET SHOPPING ORGANIZER ON A TIGHT BUDGET

52-WEEK 2-IN-1 SPREAD SYSTEM

Designed to slash family grocery bills by up to \$1,500/year

CLARA STERLING

THRIFTY NEST PUBLISHING • 2026 EDITION

1. The 'Reverse Shopping' Method:

Always inspect your freezer and pantry BEFORE writing your grocery list. Build 3 meals around ingredients you already have.

2. Categorized Aisle Discipline:

Organize shopping lists by supermarket aisles (Produce, Meat, Pantry, Dairy). Never backtrack down snack aisles.

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 **Leftover Makeover Strategy:**
Transform Monday/Wednesday proteins into Thursday quesadillas, fried rice, or hearty soup.

 **Produce & Fresh Herbs:**

 **Meat, Poultry & Fish:**

 **Pantry Grains & Canned:**

 **Dairy & Frozen Goods:**

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 **Dairy & Frozen Goods:**

Budget Cap: \$_____

Actual Receipt: \$_____

 Saved: \$_____

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TUE: _____	Defrost: [] Cost: \$___
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 **Leftover Makeover Strategy:**
Transform Monday/Wednesday proteins into Thursday quesadillas, fried rice, or hearty soup.

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Annual Grocery Savings Review

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