



BALLER BUDGETING

Baller Grocery Savings & Meal Planning Kit

Plan meals, compare prices, and waste less food

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Educational worksheet only. Not financial, legal, or tax advice. Results vary by household.

Grocery Budget Worksheet

HOW TO USE THIS PAGE

Set a weekly grocery amount based on your monthly budget. Record each trip and adjust next week if needed.

Monthly grocery budget _____

Weekly amount _____

Week	Budget	Store	Spent	Over / Under

Pantry Inventory

HOW TO USE THIS PAGE

Take stock before you plan meals. Use items near their date first to reduce food waste.

Item	Qty	Location	Use by	Restock?

Weekly Meal Planner

HOW TO USE THIS PAGE

Start by checking what you already have. Plan meals around it and around sale items, then build your list.

Week of _____

Day	Breakfast	Lunch	Dinner	Snacks

Group items by store section to shop faster and skip impulse aisles. Mark items that have a coupon or offer.

[illegible]

Price Comparison Sheet

HOW TO USE THIS PAGE

Compare unit prices (price ÷ size) across stores for the items you buy most.

Item	Store A unit \$	Store B unit \$	Store C unit \$	Best

Grocery Deal Tracker

HOW TO USE THIS PAGE

Write the regular price of items you buy often. Over time you'll recognize a genuinely good sale price.

Item	Size	Regular price	Sale seen	Store	Date

Leftovers & Food Waste Log

HOW TO USE THIS PAGE

Note what gets thrown away and why. Patterns help you buy and cook the right amounts.

Date	Item wasted	Why	Est. cost	Next time

Use this page for ideas, questions, account reminders, or goals you want to revisit.