



BALLER BUDGETING

The Baller Grocery Savings Planner

Plan meals, compare prices, and track food spending

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FREE SAMPLE · The full planner is available at ballerbudgeting.com/shop
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Educational worksheet only. Not financial, legal, or tax advice. Results vary by household.

How To Use This Planner

HOW TO USE THIS PAGE

Read this first.

Print what you need

Every page is US Letter (8.5 x 11 inches) and designed to print in black and white. Print single pages as you need them, or print the whole planner and put it in a three-ring binder.

Start with one page

You do not need to use every worksheet. Pick the one page that matches what is hardest right now, use it for a month, then add another.

Write in pencil

Budgets change. Pencil makes it easier to adjust without starting a page over.

Review on a schedule

Put a recurring 20-minute money review on your calendar. The review pages in this planner are built for that time slot.

Pair it with the free tools

The free calculators at ballerbudgeting.com can do the math; these pages are where you keep the results and track what actually happens.

Educational use only

These worksheets are general educational tools. They are not financial, tax, legal, or credit advice, and no result is guaranteed. Consider speaking with a qualified professional about your situation.

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

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

Shopping List

HOW TO USE THIS PAGE

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

Produce	Dairy / Meat	Pantry	Household	Other