

Plandy Mandy

Grocery Budgeting 101



Introduction

About Me:

Budget grocery shopping for 10+ years

Busy homeschool mom of 3 & police wife

Small business owner

Travel enthusiast

Where can you find me?

Instagram: @plandy.mandy

website: Plandymandy.com

Etsy: Plandy Mandy

Features:

1000 Hours Outside Podcast

So Money Podcast

Ask Your Mom Podcast

Fox News Segments

Verily Magazine



Why is this important?



1 in 8 Americans Are struggling to afford groceries



The average American family is spending 10% of their annual income eating out

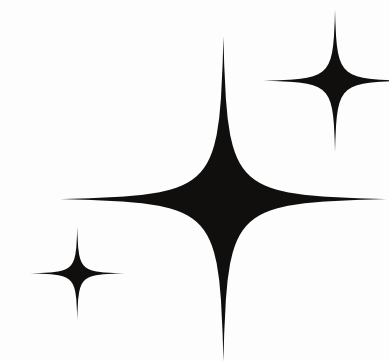


Grocery budget is an almost immediate way to save money in your budget



Grocery shopping is not an optional purchase. Everybody has to eat.





6 Steps to a successful grocery budget:



Step 1: Budget Audit

You cannot track your improvements without knowing where you started!

Establish your starting point by writing down these things:

- How much are you spending on groceries each week/ month?*
- How often are you going to the grocery store?*
- How often are you eating out?*
- How often are you stopping for coffee, gas station snacks, etc.*

Step 2: Identify Your Improvement Areas

- **Be brutally honest.** You won't improve unless you can pinpoint where improvement can happen.
- **Get specific.** Vague examples of improvements make it harder for you to set goals that you will achieve
- **Examples:**
 - Im not tracking my grocery spending.
 - I don't take a list or meal plan grocery shopping.
 - I'm stopping for coffee everyday.
 - I'm eating out more than I'm cooking at home.
 - Im not organized with packing my meals so I grab lunch at work often.
 - when I get gas I go inside and buy snacks each time.
 - I'm not sure what to make for dinner so I always grab pre-made meals
 - I need convenience so i opt for the easy pre done breakfasts, snacks, etc.

Step 3: Specific Goals & Action Steps

- Start small with 2-3 specific goals.**

ex. I want to save \$25 a week on groceries .

I want to make dinner at home five nights a week.

I'm going to only buy coffee out once a week.

Im going to make 2 batches of snacks at home a week instead of buying them.

- Make action steps for each goal. HOW are you going to work on that goal.**

ex: I'm going to follow a meal plan in detail to cut back weekly spending .

I'm going to use freezer meals or a meal rotation system to eat at home 5 nights a week.

im going to wake up 10 minutes early to make my coffee at home each day .

I'm going to spend 30 minutes on Sunday to follow two recipes for weekly snacks .

Step 4: Plan of Attack

- **Meal plan**
Plan for a 7-10 day stretch
Specific recipe for each meal of the day
- **Select the systems that are going to help you**
ex. Breakfast Freezer Stock
Lunch Rotation System
Cook Once Eat Twice Dinner System
Freezer Meal System
- **Verified Grocery List:**
Take inventory as your make your list
opt for an online grocery shopping experience when available

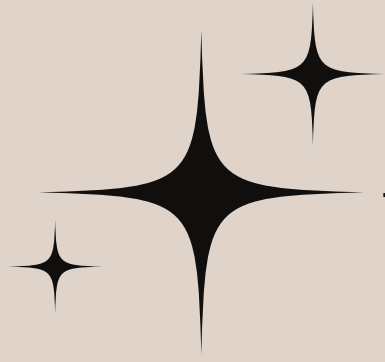
Step 5: Hold yourself accountable

- Pick a timeframe that you are sticking to these specific goals and action steps.
- Daily check ins, did you defrost what you need? Do you need to prep anything?
- Use & Remove, once you have completed that day remove it from your meal plan.
- Use your meal plan to be flexible, if something changes rearrange your days but stick to the plan.

Step 6: Ending Audit

- **Did you reach your original goals?**
If yes, start over and set new goals to build on & save more with
- **Did you fall off course?**
Identify what was hard, reframe your action steps.
- **Track your achieved goals & restart at step 1**
There is always room for new improvements

SYSTEMS



Systems are going to help you achieve your specific goals because they are tried and true habits you can repeat every single week with ease!



Breakfast Freezer Stock



Bulk Snack Prep



Lunch Rotation



Cook Once Eat Twice



Freezer Meals

Breakfast Freezer Stock

simply put: this is a system that will allow you to make homemade breakfast items healthier and cheaper than store bought. You will prep them in bulk batches and create a stock of frozen breakfast items that you can pull from your freezer on a busy morning!

[Grab the Breakfast Guide here!](#)



***Breakfast Freezer
Stock***

Tips:

- Pick 3-5 recipes to start with, you can always add more to your stash later
- Pick to have that meal on a weekend morning, but triple or quadruple the recipe
- Keep easy high protein pairings on hand. Ex, Greek yogurt, sausages, hard boiled eggs, etc.

What comes in my guide:

- Over 30 of my tried and true recipes
- Food allergy ingredient swaps
- Instructions for freezing, storing, and reheating
- Easy suggested pairings

Bulk Snack Prep

Simply put, this is a system that will help you massively reduce your grocery budget by cutting back on the store bought snacks. Making large portions of homemade snacks will keep you from stopping to grab food on the go, it's healthier, and cheaper!

[Grab the Snack Guide here!](#)



Bulk Snack Prep

Tips:

- If you're new to snack prep start with some no bake options
- Pick 2-3 snack recipes for the week so you avoid waste, you can always adjust for more
- Bulk buy the ingredients that you see in the recipes most often for extra savings

What comes in my guide:

- 30+ homemade snack recipes to save you money on groceries
- Recommended kitchen items to make snack prep an ease
- Allergy swaps in recipes

Lunch Rotation System

Simply put, this is a system that will allow you to simplify your lunch routine whether this be with your children or yourself. You will narrow down your options to create simplicity which will help you stick to your budget.

[Grab the Lunch Guide Here!](#)



Lunch Rotation

Tips:

- Pick 5-7 main lunch choices that you will either fully prepare or keep ingredients on hand for
- Pick 3-4 simple sides that you will either fully prepare or keep ingredients on hand for
- If you need variety change up your main courses and simple sides bi-weekly or monthly
- If you thrive on a schedule have specific things on specific days each week.

What comes in my guide:

- A step by step breakdown of my rotation system with a sample menu
- A variety of lunch meal ideas
- 15+ recipes for lunches or lunch components
- A handful of snack recipes & budget snacking tips

Cook Once Eat Twice

Simply put, this is a system that will allow you to reduce the amount of nights you cook dinner each week! You will be able to eat homemade meals every night, without having to spend time cooking every night. This system helps achieve your budgeting goals while also accounting for a busy schedule that doesn't have time to cook each night.

[Grab a Meal Plan Here!](#)



***Cook Once
Eat Twice***

Tips:

- Pick recipes with components that won't lose quality when reheating.
- Prioritize proper storage and reheating to maintain quality
- pick a rotation timeline that works for you
- Invest in glass storage containers to make for even easier reheating

What comes in my guide:

- 24 nights worth of budget friendly meals
- 12 recipes that you will eat two times
- Multiple rotation options, including freezer meals & variation meals in newer plans
- Pre shopped grocery carts & coordinated grocery lists
- Pre counted macros in newer meal plans
- Calculated cost per meal for budgeting

Freezer Meals

Simply put, this is a system that will allow you to build a fatock of prep cooked or prepped meals in your freezer to save time and money on dinner. Many freezer meals are ready to be dumped and baked which cuts down on preparation time .

[Grab the Slow Cooked Savings Plan Here!](#)



***Crock it like it's Hot
or
Slow Cooked Savings***

Tips:

- Double recipes when you are preparing a meal that way you get a 2 for 1
- Freeze components separately when necessary
- Invest in reusable silicon pouches to cut down on waste
- Design your own convenience by manipulating large chunks of time you don't need to cook

What comes in my guide:

- 30 nights worth of budget friendly meals that can be made in a crockpot or instant pot
- 15 recipes that you will eat two times, or create a freezer meal with
- Pre shopped grocery carts & coordinated grocery lists
- Pre counted macros in newer meal plans
- Calculated cost per meal for budgeting

Shop all my meal plans here!

Closing

Promo Code: “WEBINAR” on Etsy
for 30% off your order

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