Your “Before” Grocery Shopping Process

If you were going to do a makeover of your home, you’d run around taking before pictures of the room, from every angle. If you were doing a weight loss program, you’d write down your starting weight and then track it and watch it fall and continue to drop as you continue to work hard and make smart choices.

So before we dive into this Grocery Budget Makeover, we need to paint a picture of what your current grocery shopping process looks like.

Take a quick minute and write down just 2 things you do right now when it comes to getting ready for the grocery store.

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Now, for more of a description.

Write out what your grocery shopping planning process looks like - from start to finish. Get deep on this one. Include information on the meal planning, cooking, couponing and shopping list writing. Write out as much as you can. We will look back at this and will be a great exercise to see how far you’ve come and analyze the changes you’ve made.

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Your “Before” Grocery Planning Process

What’s your grocery shopping dream? Where do you want to be at the end of this makeover?

*Use this space below to write out what you want your shopping planning process and budget to look like at the end of the makeover.*