



HIS WORD HER WAY

Grocery & Meal Planning Worksheet

Foundation Level

Stewardship Module

"She watches over the affairs of her household..." Proverbs 31:27

Name: _____

Week of: _____

Budget This Week: \$ _____

PART 1 — BEFORE YOU SHOP

Intentional shopping starts here.

- | | |
|--|--|
| <input type="checkbox"/> Check what I already have | <input type="checkbox"/> Set my spending limit |
| <input type="checkbox"/> Write my meal plan for the week | <input type="checkbox"/> Eat before I go |
| <input type="checkbox"/> Write my grocery list | <input type="checkbox"/> Bring my list — and stick to it |

What do I already have at home?

Proteins	Grains / Starches	Produce

PART 2 — WEEKLY MEAL PLAN

Simple is faithful.

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Snack ideas this week: _____

PART 3 — GROCERY LIST

Proteins

Item	Estimated \$

Item	Estimated \$

Grains / Pantry

Item	Estimated \$

Item	Estimated \$

Produce

Item	Estimated \$

Item	Estimated \$

Dairy / Frozen

Item	Estimated \$

Item	Estimated \$

Canned / Other

Item	Estimated \$

Item	Estimated \$

Household / Misc

Item	Estimated \$

Item	Estimated \$

Total Estimated:
\$ _____

Actual Spent:
\$ _____

Difference: \$ _____

PART 4 — STORE AWARENESS

Checkout snacks / impulse shelf: _____

Eye-level expensive brands: _____

Sale signs: _____

Bulk display: _____

Emotional or unplanned item: _____

PART 5 — FOOD WASTE AUDIT

Item That Went to Waste	Why It Went Unused	How to Prevent It

One change I will make this week to reduce waste:

REFLECTION

1. Where has emotional shopping cost you money recently and what triggered it?

2. What is one meal you can build multiple times this week from the same ingredients?

3. What would a realistic, low-effort meal plan look like given your actual schedule this week?

NOTES

YOUR NEXT STEP: Before your next grocery trip, complete your inventory, write your meal plan, and build your list. One week of intentional shopping changes your relationship with food and money.