

Website is 100% free- You CAN photocopy/distribute this page!

On your Android visitandroid.GrocerySmarts.com



Use the buttons to print only what you select

(The ads don't print either!)

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Make purchase

decisions with

Jessport exam gracery Smarts.com
-Tear off strip for someone you meet shoppin

15001000

2 lbs./5.49

88-5/11

HOW IT WORKS- The average family of four spends well over \$600 per month on grocery items (food,

soaps, detergents etc.) Using the printable grocery planner, a family of four can easily get by on hundreds less and consume all the same products and brands! How does the printable grocery planner work? -Using each store's weekly ad, we produce spreadsheets with the listed SALE price of each item. In addition, we line up all the existing manufacturers coupons (Those from your Sunday newspaper, AND internet printable coupons) ..then show you what your bottom line is for each item! This is the info you need to REALLY save money using coupons. (Some things even work out to be FREE!) Knowing your bottom line while planning makes it easy to STOCK UP on items you know your family will consume...AT EXTREMELY LOW PRICES.

Planning:

Type any notes

here before printing

Weekly Ad 5-14 thru 5-20

pecied carrots, 1 lb. bag Must buy 2 identical cuts in 2 seperate packages: "Cross rib to

## TO PLAN YOUR GROCERY TRIPS-

- 1. At GrocerySmarts.com, use Passport: g89SII
- 2. Select the list you want, and print it when you're ready. (At the top of the list click "Start", select items you want, click "Shrink", then "Print now").
- 2. In the margin, use a pen to mark how many of each item you are going to (See graphic at right).
- 3. On the same printout, you can type-in or write down anything else you want to remember in the "notes" area.

**Important:** Get multiple Sunday newspapers each week (1 per person in your household.) This is how families get enough coupons to stock up on grocery deals! You can call the phone number at the bottom of this page for the guaranteed cheapest way to get multiple Sunday newspaper subscriptions.

To file your manufacturer's coupons KEEP THE PACKETS (FOR 5 MONTHS)

'SmartSource'

in pocket #1

"Redplum"

in pocket #2 "P & G"

in pocket #3

INTACT, DO NOT CUT THEM OUT WHEN YOU GET THEM:

Best Method- A hanging file box!

This will hold

5 months worth of packets



(Sometimes, manufacturer's coupon packets come in your "junk mail" -keep those packets as well.)

forget, and rainchecks) and scissors in the box. Throw packets away after 5 months.

Keep your "Shopping Sleeve" (coupons you might

Stock up on items you commonly use WHETHER OR NOT you need them THIS week. This is the KEY to saving money on groceries. Stock your pantry or food storage gradually with these "screaming deals" and pretty soon you'll have a wide variety of items to supplement meal plans and act as the ultimate grocery budget buffer.

To head out to the store: Only cut out coupons for the products you are buying **today.** Leave the packets intact and at home, so they're ready for next week.

these numbers Write your own notes in margin Must buy 2 packages London Broil st buy 2 packages Pork loin 2 lbs/3.45 2 lbs/5.96 Circle the location of the coupon as you plan Dont clip or print coupons until you've made your whole plan Have a budget! ouy 4 Pepsi or 7Up 12 packs B2 G2 N/A FREE Total up your list as you plan The "Coupon index" column: What variety it can be used on grocery Smar Coupon face value How many you have to buy Campbell's Classic Microwavable Bowl Soups, any \$1/2 (4-30-07) RP 11/5 Coupon expiration date Which packet it was in (SS=Smart Source, RP=Redplum, P&G=P&G) \*SS1 or SS2 means there were 2 packets that week Date the packet was in the Sunday newspaper

Put your printed grocery planner (marked-up with your own notes) and all the coupons you have cut out, inside a clear "Shopping Envelope" (A gallon size Ziploc bag works well), then head to the store carrying only this envelope. For learners, obey your plan and don't fret about missing deals -the beauty is the simplicity! As your confidence grows, you can get as "Extreme" as you want.

Schedule a Class for your friends- Our class is always free and starts everyone onto the right track! To set it up for your Friends, Club or Church Group (or any group of moms, 5 to 500 people!) Call-

> **Luis Rivas** 702-360-2482