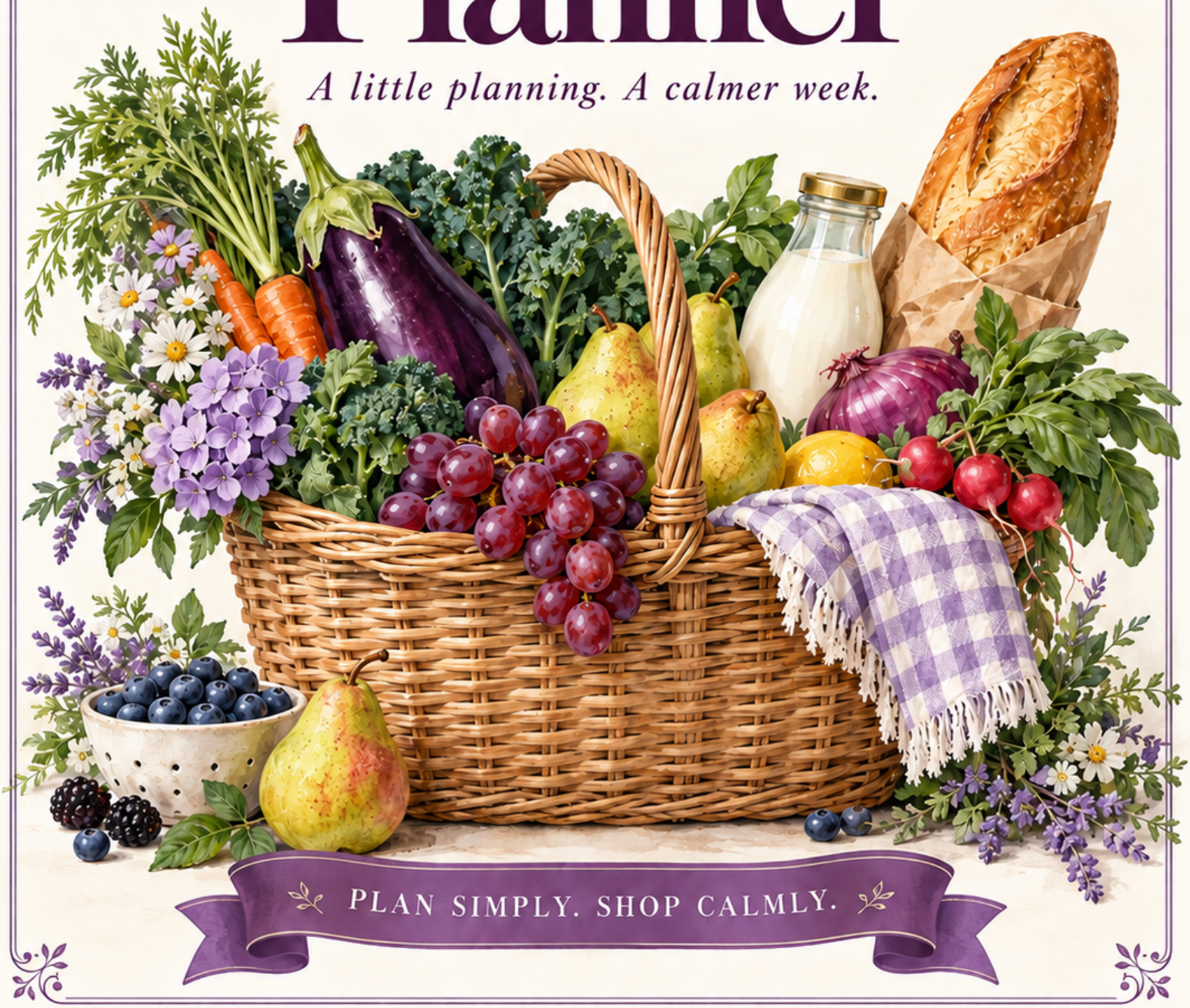
CHAOS TO COMFORT

Family Grocery Planner

A little planning. A calmer week.

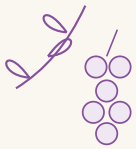


PLAN SIMPLY. SHOP CALMLY.

CHAOS TO COMFORT / FAMILY GROCERY PLANNER

Start with a calmer week

Your printable guide to simple family planning.



YOUR DOWNLOAD

Eight pages: this cover and guide, plus six reusable worksheets. Choose the color or ink-saving PDF in US Letter (8.5 x 11 inches) or A4 (210 x 297 mm).

PRINT ONLY WHAT YOU NEED

Open the PDF in a PDF reader. Select the matching paper size and print at 100% / Actual Size, one-sided. Choose pages individually to reprint favorite worksheets. Color may vary by screen, printer and paper.

A SIMPLE WEEKLY ROUTINE

1. Check the fridge, freezer and pantry. 2. Plan meals around food to use first. 3. Write your shopping list and budget. 4. Pick a few snacks and one or two prep tasks.

WHAT EACH WORKSHEET DOES

01 Family grocery list: 48 shopping spaces across six categories. 02 Kids' snack list: shop for easy bites. 03 Snack rotation: plan four weeks of variety. 04 Grocery budget: compare estimated and actual costs. 05 Meal prep: choose ingredients and tasks. 06 Weekly meals: plan breakfast, lunch, dinner and leftovers.

BEFORE YOUR FIRST FULL PRINT

Print one worksheet first. Check that the lines are visible and the writing space suits your handwriting. The ink-saving edition uses dark text, simple outlines and an unillustrated cover.

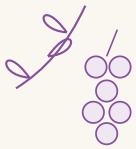
PERSONAL HOUSEHOLD USE

Print as often as you need for your own household. Please do not resell, redistribute or share the digital files. These PDFs are designed for handwriting; they are not editable templates or fillable forms.

CHAOS TO COMFORT / FAMILY GROCERY PLANNER

The family grocery list

Room for the whole family, one organized trip.



WEEK OF _____ SHOP / STORE _____

Produce

Fruit, vegetables & fresh herbs

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Dairy & eggs

Milk, yogurt, cheese & alternatives

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Proteins

Meat, fish, beans & tofu

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Pantry

Grains, cans, sauces & baking

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Frozen

Vegetables, fruit & easy backups

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

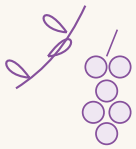
Home essentials

Paper goods, cleaning & family needs

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Kids' snack shopping list

Mix familiar favorites with one small new thing.



WEEK OF _____ SHOP / STORE _____

Fruit & veggie bites

Berries, apples, carrots, cucumbers

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Protein-rich picks

Yogurt, cheese, hummus, eggs

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Crunchy favorites

Crackers, cereal, pretzels, rice cakes

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Lunchbox extras

Dips, wraps, reusable containers

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

FAMILY FAVORITES & REMINDERS

Allergies / school rules: _____

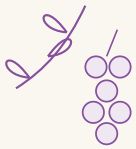
- [ ] _____
- [ ] _____
- [ ] _____

Simple snacks count. You are doing enough.

CHAOS TO COMFORT / FAMILY GROCERY PLANNER

The snack rotation planner

Four weeks of easy ideas, less last-minute deciding.



WEEK OF _____ SHOP / STORE _____

WEEK 1

FRUIT / VEG	PROTEIN	CRUNCHY

PREP / RESTOCK _____

WEEK 2

FRUIT / VEG	PROTEIN	CRUNCHY

PREP / RESTOCK _____

WEEK 3

FRUIT / VEG	PROTEIN	CRUNCHY

PREP / RESTOCK _____

WEEK 4

FRUIT / VEG	PROTEIN	CRUNCHY

PREP / RESTOCK _____

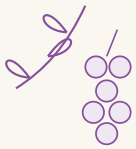
FAVORITES TO REPEAT NEXT MONTH

_____

Variety can be simple. Repeat what works.

The grocery budget

Start with what you have. Shop for what you need.



WEEK OF _____ SHOP / STORE _____

WEEKLY BUDGET	ESTIMATED TOTAL	ACTUAL TOTAL
$ _____	$ _____	$ _____

Star priority items. Use your preferred currency throughout.

	ITEM / PRIORITY	QTY	EST. $	ACTUAL $
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				

USE FIRST / MEALS FROM THE PANTRY

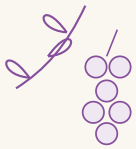
_____

BUDGET LEFT _____ SAVINGS / NEXT TIME _____

Small choices add up. Progress over perfection.

The meal prep list

A few ready-to-go basics make weekdays feel lighter.



WEEK OF _____ SHOP / STORE _____

ON THE MENU THIS WEEK

_____

_____

Vegetables & fruit

Wash, chop & portion

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Proteins & dairy

Cook, marinate & pack

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Grains & pantry

Rice, pasta, oats, sauces & spices

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Snacks & prep supplies

Easy bites, containers & freezer bags

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MY SIMPLE PREP PLAN

☐ Wash & chop ☐ Cook the basics ☐ Portion & pack

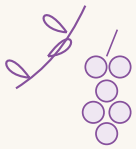
_____

A little preparation is a gift to your future self.

CHAOS TO COMFORT / FAMILY GROCERY PLANNER

The weekly meal planner

Use what you have. Make space for leftovers.



WEEK OF _____ SHOP / STORE _____

DAY	BREAKFAST	LUNCH	DINNER
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

LEFTOVERS & FOOD TO USE FIRST

- ☐ _____
- ☐ _____

A plan can be flexible and still make life easier.