

# grocerySmarts



On your Android visit-  
android.GrocerySmarts.com



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**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.

## TO PLAN YOUR GROCERY TRIPS-

1. At **GrocerySmarts.com**, use Passport: **g84aje**
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) INTACT, DO NOT CUT THEM OUT WHEN YOU GET THEM:

**Best Method- A hanging file box!**

This will hold 5 months worth of packets

grocerySmarts

"SmartSource" in pocket #1

"Redplum" in pocket #2

"P & G" in pocket #3

*Example*

Keep your "Shopping Sleeve" (coupons you might forget, and rainchecks) and scissors in the box. Throw packets away after 5 months.

**File "like packets" together:**

All "SmartSource" together

All "Redplum" together

Do likewise with "p&g" and other packets

The date the packet was in the Sunday paper (found on spine)

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

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.

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-

**Janica Ellsworth ~ 801-698-6108**  
facebook.com/thesupermomcoupons

**Planning:** Use the buttons to print only what you select (The ads don't print either!)

Passport: g84aje

Type any notes here before printing

Make purchase decisions with these numbers

Write your own notes in margin

Circle the location of the coupon as you plan

Don't clip or print coupons until you've made your whole plan

Have a budget! Total up your list as you plan

Stock up scale	Weekly Ad 5-14 thru 5-20	Sale price	Coupon index	Bottom line
3-	Hot tomatoes	1.00 lb. N/A		3.00
***	Mini carrots, 1 lb. bag	1.00 N/A		4.00
***	Premium tomato plants, 1 gallon container	4.00 N/A		4.00
1-	Red, yellow, or orange Bell peppers	1.00 ea		1.00
4-	USDA Organic Wild Harvest mini peeled carrots, 1 lb. bag	1.99	1.00 (SS-511)	3.28
***	Must buy 2 identical cuts in 2 separate packages. "Cross rib roast" or "Cross rib roast - seasoned ramp to bottom round steak	1.00		2 lbs./5.49
***	Daily Bottom Round Steak	1.00		2.69
***	FREE Honey Bunch of Oats	1.50		1.50
8-	John Morrell Bigger Than the Bun Spiced Sausage, any \$1/2 (7-31-08) (RP-515)	1.00		4.00
6-	John Morrell "Bigger Than the Bun" packages, 11-16 oz. (**Careful, we are not sure if this is included in the sale)	1.00	1.00 (printable coupon for Bigger Than the Bun at this link)	4.02
***	Must buy 2 packages London Broil	1.00		2 lbs./5.49
***	Must buy 2 packages Pork loin bone in	1.00		2 lbs./2.99
***	Must buy 2 packages Pork shoulder 11-16 oz. boneless	1.00		2 lbs./3.49
***	Must buy 2 packages Tilapia Fillet	1.00		2 lbs./5.99
***	Must buy 2 packages Butter 8 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 6 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 8 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 12 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 16 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 24 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 32 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 48 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 64 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 96 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 128 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 192 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 256 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 384 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 512 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 768 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 1024 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 1392 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 1856 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 2432 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 3200 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 4096 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 5200 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 6512 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 8032 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 9760 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 11800 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 14144 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 16896 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 20064 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 24656 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 30688 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 38272 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 47408 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 58112 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 70496 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 84560 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 100384 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 118000 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 137504 oz.	1.00		1.00
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***	Must buy 2 packages Yogurt 579808 oz.	1.00		1.00
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***	Must buy 2 packages Yogurt 786912 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 842576 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 899792 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 958560 oz.	1.00		1.00
***	Must buy 2 packages Yogurt 1018880 oz.	1.00		1.00
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