



Nevada Passport: g89jmb

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HOW IT WORKS: The average "Thrifty" family of four spends \$500 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 a store's weekly ad, we maintain a list with the SALE price of each item. In addition, we line up all the existing manufacturers coupons (-online printable coupons, AND those from your Sunday newspaper-) **then show you what your bottom line is for each item.** Most things will be shockingly less than you're used to paying (Some things even work out to be **FREE!**) Knowing **YOUR** bottom line makes it extremely easy to stock up at the lowest price on items your family consumes a lot of.

Whether or not you're already a thrifty shopper: Using our lists correctly, you can find an extra couple hundred dollars per month you never knew you had.

TO PLAN YOUR GROCERY TRIPS-

1. At **www.grocerysmarts.com** enter the passport code printed at the top of this page. 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, upper right).
3. On the same printout, you can type in or write down everything else you need for the week in the "notes" area.

Important: Get multiple Sunday newspapers each week (1 per family member, babies included) just for the manufacturer's coupon packets so you can stock up on grocery deals! Stocking up on select screaming deals, week after week (-items you commonly use **WHETHER OR NOT** you need it **THIS** week-), 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 file your manufacturer's coupons **KEEP THE PACKETS (FOR 5 MONTHS) INTACT**, DO NOT CUT THEM OUT WHEN YOU GET THEM:

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

Type any notes here before printing

Make purchase decisions with these numbers

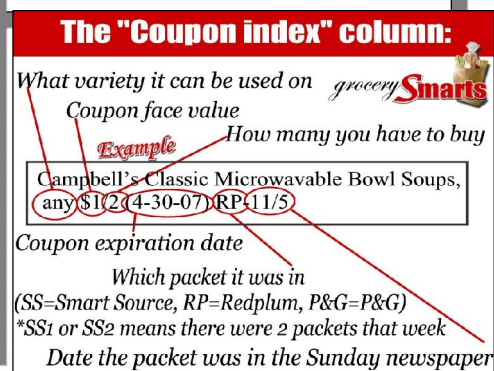
Write your own notes in margin

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 house tomatoes, 1.00 lb.	N/A		3.00
1-	Mini carrots, 1 lb. bag	N/A		1.00
4-	Premium tomato plants, 1 gallon container	4.00		4.00
	Red, yellow, or orange Bell peppers, peeled carrots, 1 lb. bag	1.00 ea.		1.00 ea.
	USDA Organic Wild Harvest mini	1.99		3.28
	Must buy 2 identical cuts in 2 separate packages. "Cross rib roast" or "Cross brisket" - ground ramp			2 lbs./5.49
	Carly's Creamery cheddar, 100% cheddar, 1 lb. bag	B1 G1		2.69
	Honeycrisp apples, 1.50	N/A		1.50
8-	John Morrell "Bigger Than The Hog" sausage, any \$11.2 (7-31-08) (RP-5-11)	1.00		4.00
6-	John Morrell "Bigger Than The Hog" sausage, any \$11.2 (7-31-08) (RP-5-11)	1.00		4.02
	Must buy 2 packages London Broil	B1 G1		2 lbs./5.49
	Must buy 2 packages Pork loin chops, bone in	B1 G1		2 lbs./2.99
	Must buy 2 packages Pork shoulder country style ribs, boneless	B1 G1		2 lbs./3.49
	Must buy 2 packages T-bone Filet	B1 G1		2 lbs./5.99
	Albertsons butter 8oz.	B1 G1		1.00
	Albertsons sour cream 16 oz.	B1 G1		1.00
	Danigold yogurt 8 oz.	B1 G1		.99
	Albertsons apples 3 oz.	B1 G1		.99
	Reser's dip, 8 oz.	B1 G1		1.00
4-	7Up 2 liters	B2 G2		2.00
	Dannon Spring water, 6 pack	B2 G2		1.00
	Water 24 packs: Dannon or Albertsons brand	B2 G2		1.00
	Must buy 4 Pepsi or 7Up 12 packs	B2 G2		1.00
	1/2 sheet "Graduation Cake", White Chocolate	N/A		1.00



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

To head out to the store: You leave the packets intact and only cut out coupons for the products you are buying today.

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.

Schedule a Class for your friends- Starts everyone onto the right track and cuts through the misconceptions they probably have. Any group of moms large or small, call: **Michelle Bushur**

702-461-8676