

# grocerySmarts

On your Android visit-  
android.GrocerySmarts.com



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

**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 [ut.grocerysmarts.com](http://ut.grocerysmarts.com)
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!



(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.

## Planning:

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

Don't forget: Apples, Gary's Fruit, Sour Cream

100% Free [grocerySmarts.com](http://grocerySmarts.com) Passports: example.com  
Tear off strip for someone you meet shopping-

Type any notes here before printing

We are not affiliated with this store. The store's ad is the only OFFICIAL authority. PRINTABLE coupons: Group A Group B Singles

Stock up sale Weekly Ad 5-14 thru 5-20 Sale Bottom line

Stock up sale	Weekly Ad 5-14 thru 5-20	Sale	Coupon index	Bottom line
Hot house tomatoes	1.00 lb.	N/A		1.00 lb. 3.00
Mini carrots, 1 lb. bag	1.00	N/A		1.00
Premium tomato plants, 1 gallon container	4.00	N/A		4.00
Red, yellow, or orange bell peppers	1.00 ea.	N/A		1.00 ea. 1.00
UNDA Organic Wild Harvest mini peeled carrots, 1 lb. bag	1.89	N/A	SS-511	.89 3.28
Must buy 2 identical cuts in 2 separate packages. "Cross rib roast" or "Cross rib roast, staged ramp	2.99	N/A		2 lbs./5.49
Hot sauce	1.00	N/A		2.69
Homemade pickles	1.50	N/A		1.50
John Morrell Hogger Than The Bun packages, 11-16 oz. (**Careful, we are not sure if this is included in the sale)	1.00	N/A	RP-511	.50 4.00
John Morrell Hogger Than The Bun packages, 11-16 oz. (**Careful, we are not sure if this is included in the sale)	1.00	N/A	RP-511	.67 4.02
Must buy 2 packages London Broil	B1 G1	N/A		2 lbs./5.49
buy 2 packages Pork loin bone-in	B1 G1	N/A		2 lbs./2.99
buy 2 packages Pork shoulder style ribs, boneless	B1 G1	N/A		2 lbs./5.49
buy 2 packages Tilapia Fillet	B1 G1	N/A		2 lbs./5.99
Butter 8 oz.	1.00	N/A		1.00
Yogurt 8 oz.	1.00	N/A		1.00
Yogurt 4 oz.	1.00	N/A		1.00
Spring water, 6 pack	1.00	N/A		1.00
Pepsi or 7Up 12 packs	B2 G2	N/A		2.00
"Graduation Cake", White	N/A	N/A		1.00

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

### The "Coupon index" column:

What variety it can be used on [grocerySmarts.com](http://grocerySmarts.com)  
Coupon face value  
Example How many you have to buy  
Campbell's Classic Microwavable Bowl Soups, any \$1.23 (4-30-07) RP11/5  
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

**Is this fun? YES! Turn a passion into income-** We are looking for people to become certified to teach these classes. Whether you're a deal blogger, long time couponer, or just a person now excited about grocery savings, this is for you.  
**(909) 899-0268 -or- (310) 782-4310 -or- (559) 392-3951**