

■ 30-Day Grocery Saving Challenge — Progress Tracker

Track daily wins, estimated savings, and notes. Tip: Snap a photo of receipts each week for easy comparisons.

Week 1 — Plan, Prep & Conquer

Day	Task / Focus	Done (✓)	Est. Saved (\$)	Notes
1	Pantry inventory & list everything you have			
2	Plan 3 dinners using on-hand items			
3	No-spend pantry dinner			
4	Create & follow a smart grocery list			
5	Make one DIY seasoning/sauce			
6	Budget breakfast swap (oats/eggs)			
7	Cook one protein for 3 meals			

Week 2 — Shop Smart & Eat Bold

Day	Task / Focus	Done (✓)	Est. Saved (\$)	Notes
8	Compare prices at two stores			
9	One meatless dinner			
10	Buy staples in bulk			
11	Try at least one store brand			
12	Turn leftovers into freezer meals			
13	Stretch one protein 2–3 ways			
14	Cook takeout swap at home			

Week 3 — Cook Creatively, Waste Less

Day	Task / Focus	Done (✓)	Est. Saved (\$)	Notes
15	Leftover remix meal			
16	Make DIY snacks			
17	Soup night with scraps			

18	Save scraps for broth / compost			
19	Revive stale bread (croutons/crumbs)			
20	Pack lunch 3x this week			
21	Bake dessert at home			

Week 4 — Upgrade & Maintain

Day	Task / Focus	Done (✓)	Est. Saved (\$)	Notes
22	Cook once, eat twice			
23	List 5 MVP ingredients			
24	Make a gourmet-on-budget meal			
25	Use herbs & citrus for flavor			
26	Receipt comparison (Week 1 vs 3)			
27	Try a new cheap meal idea			
28	Date night at home			
29	Meal prep for next week			
30	Final feast & invite a friend			

Weekly & Total Savings

Week	Est. Saved (\$)
Week 1	
Week 2	
Week 3	
Week 4	
Total	