

# Shop Smart

We spend a good chunk of our money on groceries.

Meal planning will help you save so much money, take the stress out of figuring out what to cook and more importantly stick to your budget.

[Click here to access a Meal Plan Template](#)

- Make time to make a meal plan before the week begins, consult your budget.
- Look for easy and quick recipes.
- Shop your pantry, fridge, and freezer.
- Make a grocery list based on your meal plan.
- Look for coupons and sale items.
- You're now ready to go shopping.



[Click here for some healthy recipes from the Mayo Clini](#)

Don't forget your leftovers! Store them in containers that portioned for a meal, it will be it easier to just grab pop in the microwave, and eat.

**TIP:** Stock upon staples; pasta, rice, canned goods whenever they're on sale!