



Adult Learning
Within Reach

wea.org.uk

Weekly budget planner



**Print off your very own
customisable:**

- ▶ monthly budget planner
- ▶ weekly groceries list
- ▶ weekly meal planner

Keep track of your money and
record your spending.

**Learning at
home with
the WEA**

Monthly budget planner



| Budget goal | Month |
|-------------|-------|
| | |

| Income | | | |
|--------|-------------|--------|-----------|
| Date | Description | Amount | After tax |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

| Fixed expenses | | |
|----------------|-------------|--------|
| Date | Description | Amount |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| Total | | |

| Other expenses | | |
|----------------|-------------|--------|
| Date | Description | Amount |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| Total | | |

| Recap | | | |
|-------|------|--------|------------|
| | Goal | Actual | Difference |
| Earnt | | | |
| Spent | | | |
| Debt | | | |
| Saved | | | |

Weekly groceries list



Week:

Produce

-
-
-
-
-
-
-
-

Total

Meat

-
-
-
-
-
-
-
-

Total

Canned Foods

-
-
-
-
-
-
-
-

Total

Baking

-
-
-
-
-
-
-
-

Total

Drinks

-
-
-
-
-
-
-
-

Total

Snacks

-
-
-
-
-
-
-
-

Total

Paper

-
-
-
-
-
-
-
-

Total

Frozen

-
-
-
-
-
-
-
-

Total

Dairy

-
-
-
-
-
-
-
-

Total

Condiments

-
-
-
-
-
-
-
-

Total

Cleaning

-
-
-
-
-
-
-
-

Total

Other

-
-
-
-
-
-
-
-

Total

Weekly meal planner



Week:

our top tips

1. Hang bananas above other fruits - this will stop your other fruit from spoiling earlier
2. Store food in glass containers - glass containers with a tight-fitting lid can help make sliced fruits, vegetables, or leftovers last longer
3. When making dough, freeze the butter and grate it into the dry ingredients - you'll handle the cold dough less, resulting in more tender and flaky biscuits or scones
4. Leftover herbs? Blend your fresh herb with olive oil and freeze in ice cube trays for use later
5. Keep your berries fresh by washing your berries in a solution of 1 part distilled vinegar and 10 parts water - you will not be able to taste the vinegar but it can help strawberries stay fresh for up to 2 weeks longer
6. Wrap your cheese in parchment paper or other porous papers - it will allow it to breathe
7. Put syrups (such as maple and golden) in the freezer - the high sugar content means they won't freeze, but instead will prevent them from spoiling
8. Store your apples next to your potatoes - the natural gas released from your apples will prevent your potatoes from going bad

Monday

Breakfast

Lunch

Dinner

Tuesday

Breakfast

Lunch

Dinner

Wednesday

Breakfast

Lunch

Dinner

Thursday

Breakfast

Lunch

Dinner

Friday

Breakfast

Lunch

Dinner

Saturday

Breakfast

Lunch

Dinner

Sunday

Breakfast

Lunch

Dinner