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Grocery Savings

<http://www.homeschoolfitnesscoach.com/blog/grocery-savings/>

My husband and I decided to start following Dave Ramsey's, Total Money Makeover. We're already on a roll by getting our emergency fund saved and actually bit off a bit of our credit card debt. It's pretty exciting. My biggest obstacle has been the grocery bill. I used to be rather good at spending only \$60 every two weeks for groceries, but I just haven't paid much attention to what I'm spending lately with my busy-ness and I was shocked to discover that one month our bill totalled over \$700! So, I was on a mission today to see if I could stay within a \$150 budget. Now, I know there are women out there who spend a lot less on their weekly grocery bill, but you got to start somewhere. I have found a few blogs that are very helpful with letting you know what the weekly deals are and coupons to use, etc. So, I headed out today with my list for 4 different stores. It took me about 1 1/2 hours to shop and I only spent \$118. Wow! So, now the competitive streak in me has been awakened and I want to beat my PR next week! Ha! I will be studying the Walgreens and CVS tips on different blogs and figuring out how to make my coupons work hard for me. I see a new addiction coming on. My 12 week Storm Force Fitness challenge has been coming along wonderfully. I have dropped 2% bodyfat in the last 3 weeks even though I only got 2 of the 4 workouts done last week due to business getting in the way. I am making up for them this week while everyone else is enjoying a more relaxed week. Ugh! I am getting ready to launch my first book this week. I have a few technical problems to fix with my webhost and my covers for the book and CDs are being created right now. Hope to have it all done soon. I feel like it has already taken an eternity. Here is my workout plan today: Storm Force Pulse Pyramid II - 30 minute workout Meal Plan: Meal 1: 1 egg, 3 egg whites, spinach, red peppers, .5 oz colby jack cheese Meal 2: Cottage cheese and blueberries, almonds Meal 3: Cantaloupe and 4 cheese cubes (while shopping) Meal 4: Post workout shake, apple, almonds Meal 5: Homemade chicken soup in the crockpot Meal 6: 1/2 cup cottage cheese, 1/2 scoop vanilla protein powder, 1/4 cup frozen blueberries, 12 almonds Post from: Homeschool Fitness Coach

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