

A light blue piggy bank with a white outline and pink inner ears and feet. A blue shopping basket is positioned in front of the piggy bank, appearing to be inside it. Several gold and silver coins are scattered around the piggy bank, including one on top of its head and two on the ground in the foreground. The background is a soft, light blue gradient.

The \$50 / Week Grocery Challenge

Feed a family of 4 for \$50 per week (No coupons needed)

Why This Works

Most families overspend from habits, not hunger. This simple reset helps you shop smarter and cook simpler. Built for real parents with real schedules.

You don't need to become a coupon expert or spend hours planning. This system works because it focuses on what matters: buying the right foods at the right prices and using everything you purchase.

Thousands of families have saved **\$200 or more per month** using these exact strategies. The best part? Once you get the hang of it, the whole process becomes second nature.

Your Quick Start

- Pick your budget
- Follow the weekly system
- Track your food wins

The 3-Step System

Getting started is easier than you think. This proven framework takes the guesswork out of grocery shopping and meal planning.

1

Set a weekly grocery budget

Start with \$50 per week for a family of four. This covers all meals and snacks. Adjust slightly based on your local prices, but stick to your number once you choose it.

2

Shop from a fixed list

Use the pre-made shopping list we provide. No wandering aisles or impulse buys. This focused approach prevents overspending and ensures you get everything you need.

3

Cook from a rotating meal plan

Follow the simple 5-day meal rotation. Each recipe uses ingredients from your shopping list. Nothing goes to waste, and dinner decisions are already made for you.

Your Simple Grocery List

This master list covers everything you need for a week of healthy, satisfying meals. Print it out and check items off as you shop. Stick to this list and you'll stay within budget.

Proteins

- Whole chicken or chicken thighs
- Ground beef (1 lb)
- Eggs (1 dozen)
- Dried beans or lentils

Carbs

- Rice (2 lbs)
- Pasta (1 lb)
- Bread loaf
- Oats

Veggies

- Onions (2 lbs)
- Carrots (1 lb)
- Potatoes (3 lbs)
- Frozen mixed vegetables
- Canned tomatoes

Snacks

- Bananas (bunch)
- Apples (5)
- Peanut butter
- Crackers

Breakfast

- Milk (1 gallon)
- Yogurt (large container)
- Cereal or oats

Staples

- Cooking oil
- Salt, pepper, garlic powder
- Flour
- Sugar

Easy Weekly Meal Rotation

Each dinner takes 30 minutes or less to prepare. These recipes use your shopping list ingredients and feed four people comfortably.

1

Monday

Chicken & Rice Bowl

Seasoned chicken over rice with sautéed vegetables. Simple, filling, and kid-approved.

2

Tuesday

Pasta with Meat Sauce

Ground beef in tomato sauce over pasta. Classic comfort food the whole family loves.

3

Wednesday

Bean & Veggie Stir-Fry

Protein-packed beans with mixed vegetables over rice. Meatless and delicious.

4

Thursday

Baked Chicken Thighs

Crispy oven-baked chicken with roasted potatoes and carrots on the side.

5

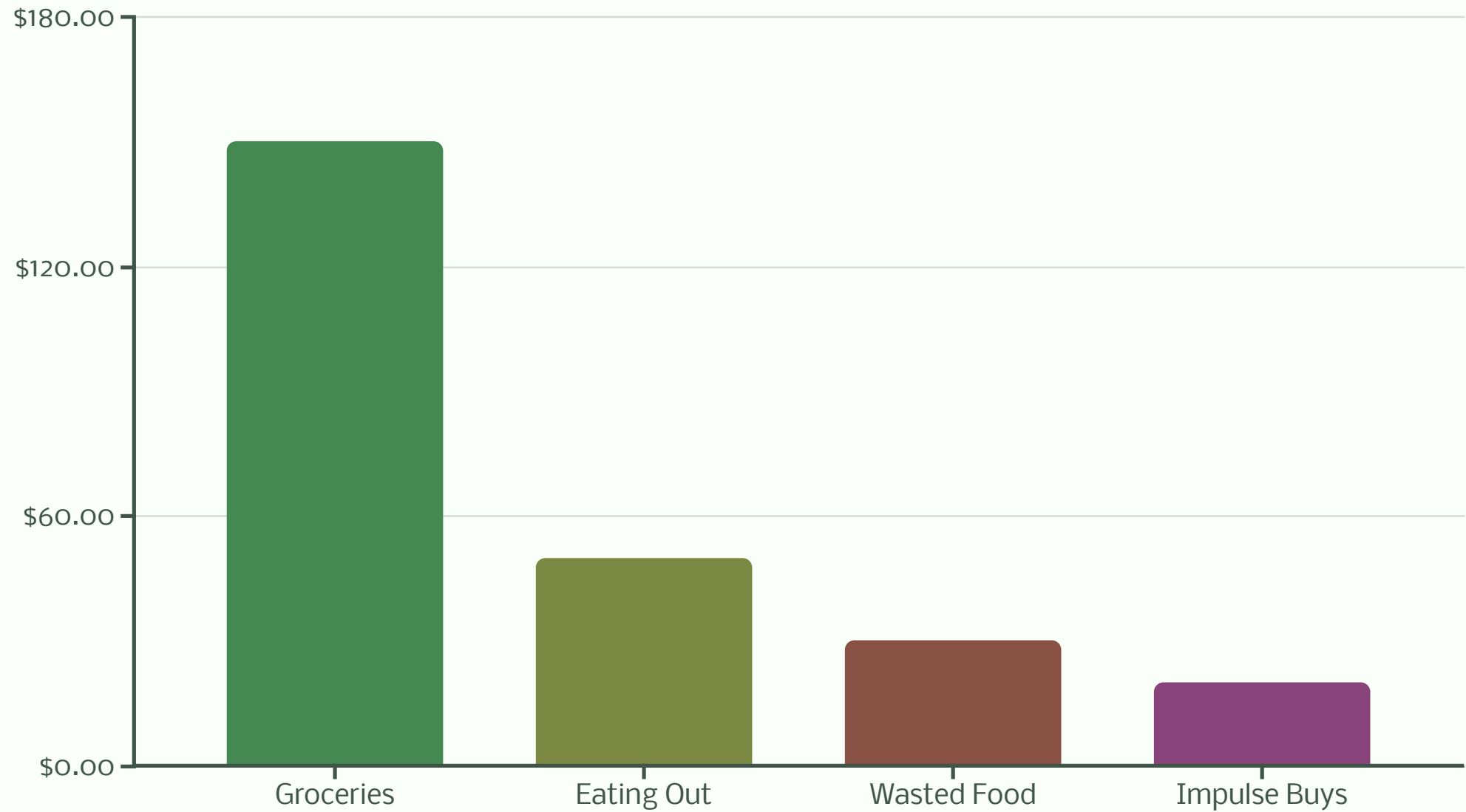
Friday

Egg Fried Rice

Use up leftover rice and vegetables. Quick, easy, and surprisingly satisfying.

Real Savings Examples

When you commit to this system for just one month, the savings add up fast. Here's what typical families report after their first 30 days.



\$250

Average Monthly Savings

That's **\$3,000 per year** back in your pocket

4

Weeks to Form the Habit

Most families feel confident by week four

92%

Success Rate

Of families who stick with it for one month

BONUS: Easy Parent Side Income

Want to supercharge your savings? Add a simple income stream. These three tracks help busy parents earn **\$100-\$250 extra per month** without a second job.



Track A: Local Gigs

Best for: Parents with flexible schedules

- DoorDash or Instacart delivery
- Evening or weekend shifts
- Earn \$15-25/hour on your time

Many parents do this during naptime or after kids are in bed. Set your own hours and cash out instantly.



Track B: Sell Unused Items

Best for: Quick one-time cash

- Kids' outgrown clothes and toys
- Facebook Marketplace or Poshmark
- Average \$200-400 first month

You'd be surprised what people will buy. Toys, baby gear, and gently used clothing sell fast in most areas.



Track C: Simple Online Services

Best for: Computer-savvy parents

- Virtual assistant tasks
- Social media scheduling
- Data entry or transcription

Work from home during school hours. Sites like Upwork and Fiverr connect you with clients needing help.

4 Week Action Plan

Follow this week-by-week checklist to build lasting habits. Each week focuses on one key area, making the process manageable and sustainable.

1

Week 1 — Get Organized

- Set your \$50 weekly budget
- Print the shopping list
- Clear out old pantry items
- Plan your first shopping trip

2

Week 2 — Shop Smarter

- Stick to your list (no extras!)
- Compare prices at different stores
- Track what you actually spend
- Cook the 5-day meal plan

3

Week 3 — Sell or Earn

- Choose one bonus income track
- List items to sell OR sign up for gig work
- Set a goal: earn \$50 this week
- Continue meal planning

4

Week 4 — Lock Habits

- Calculate your total month savings
- Refine your shopping list
- Add your favorite recipes
- Celebrate your wins!

Track Your Wins

Document every dollar you save or earn. Seeing your progress builds momentum and keeps you motivated through the first month and beyond.

Date	Action	Amount	Notes
Week 1	Grocery savings	\$40	Stayed under budget!
Week 2	No eating out	\$50	Used meal plan
Week 2	Sold baby clothes	\$85	Facebook Marketplace
Week 3	DoorDash shifts	\$120	3 evenings
Week 4	Grocery savings	\$45	Getting easier!

Total Extra Money This Month

\$340

That's almost a full month's grocery budget saved in just 30 days!

Keep this tracker going. Many families find that by month three, they've saved enough for a family vacation, paid off a credit card, or built a solid emergency fund.

You've Got This!

Every family that succeeds with this challenge started exactly where you are right now – wondering if it's possible.

The secret isn't perfection. It's consistency. You'll have weeks where you go slightly over budget or skip a meal plan recipe. That's completely normal and okay.

What matters is that you keep going. By the end of month one, you'll have developed new habits that save money automatically. By month three, you won't even think about it anymore.

Your next step: Print the shopping list, set your budget, and head to the store. That's it. You're officially starting the \$50 Week Challenge.

Welcome to a community of smart, resourceful parents who are taking control of their grocery spending.



Need support? Thousands of parents are doing this challenge right now. Share your wins, ask questions, and find recipe ideas in the CraftyDollar community.