

Title:

Adult ADD And The Art Of Grocery Shopping

Word Count:

427

Summary:

One of my greatest struggle with sticking to a budget, is that I always overspend what I budget.

1. Write a menu of what you want to eat for the week. Make sure to include breakfast, lunch, and dinner.
2. Based on the menu create a list of what you will need to prepare the items on your menu...

Keywords:

Article Body:

One of my greatest struggle with sticking to a budget, is that I always overspend what I budget.

1. Write a menu of what you want to eat for the week. Make sure to include breakfast, lunch, and dinner.
2. Based on the menu create a list of what you will need to prepare the items on your menu.
3. Look in your cabinets and refrigerator, for items that are on your list, remove those items.
4. Can you afford the items that are on your list? This will be difficult to determine if this is the case.
5. If you are planning to go out shopping, make sure you eat a proper meal before hand. This helps with hunger.
6. Have you checked circulars, newspapers or the Internet for coupons for the products that are on your list?
7. Before you head out decide if you want to go to one store or more than one store. While you are out, stick to your list.

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