

Food Shop Reset Checklist

A practical way to include main shops and top-up shops.

Food spending is often unclear because top-up shops, lunches, snacks and household items are missed. This reset helps make the figure more realistic.

Purpose

- Estimate food spend more realistically.
- Include top-up shops instead of only the main shop.
- Separate food from household extras where helpful.
- Reduce pressure before the next payday.

Include

- Main food shop.
- Top-up shops.
- Lunches, snacks or drinks bought separately.
- Household essentials such as cleaning products or toiletries.
- Pet food or school snacks where relevant.

Good to remember

A budget should reflect what is actually being spent, not what the food shop is expected to cost in theory.

Checklist

Done	Step	Notes
☐	Estimate main shop	
☐	Add top-up shops	
☐	Add lunches/snacks	
☐	Add household essentials	
☐	Set realistic total	

Worksheet

Complete this page before starting a full budget review or spreadsheet setup.

Main food shop estimate	£
Top-up shops estimate	£
Lunches/snacks/drinks	£
Household essentials	£
Pet food or school snacks	£
Total food/household estimate	£
Notes	

Paid client budgets are prepared on spreadsheet using the figures supplied and calculated to the penny.