ANA'S FOOD & LIFESTYLE

Prepping on a Budget

A practical inventory and a small, affordable starting point.

1 Start with what you already have

Household / month

Date to review this plan

Everyday meals we can make from our cupboards

2 Spot the most useful gaps

ALREADY HAVE	USEFUL GAP
Food and easy meals	
Water and containers	
Light and phone charging	
Hygiene, pets and other needs	

3 Choose an amount that works for you

Cover your normal essentials first. £0 is a valid plan this week.

Comfortable weekly limit (£, including zero)

One gap to focus on first

- [ ] Check cupboards and dates
- [ ] Save important contact numbers

4 A free step I can do now

Examples: organise supplies, test a torch, plan meals, rotate what you use

Turn over for a four-week plan. Skip or repeat a week whenever you need to.

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Use the four weeks in any order. Fill this in on screen or print it.

A small, useful purchase is enough. Write zero for a no-spend week.

Week 1

Week beginning

Spending limit (£)

Actually spent (£)

Most useful item or free action and why

Week 2

Week beginning

Spending limit (£)

Actually spent (£)

Most useful item or free action and why

Week 3

Week beginning

Spending limit (£)

Actually spent (£)

Most useful item or free action and why

Week 4

Week beginning

Spending limit (£)

Actually spent (£)

Most useful item or free action and why

Review: Did we use what we bought? What is the next real gap?

My note for next time