

Monthly Food Expense Tracker

Month of: \_\_\_\_\_

Are the costs out of your range? Do you realize you'll be replacing many pre-diet foods, drinks and snacks with healthier food that will allow you to get the result you want? Record the amount of money you spend on a weekly basis below "pre-diet", and then compare it to what you would spend on Transformations food & supplements. You may be surprised on the amount that you spend now and what you might be able to get away with on the program.

	Date	Notes	Groceries	Eating Out	Snacks	Convenient Stores	Total
Week 1							
							\$
Week 2							
							\$
Week 3							
							\$
Week 4							
							\$
	\$		\$	\$	\$	\$	\$

How much do you really spend?

Total this Month \$





