Peace & Provision

A Weekly Grocery Reset

Make a simple plan for the food you have and the groceries you need.

> *"Give us this day our daily bread."*
> **Matthew 6:11 (KJV)**

Four small steps

1 Check what you have
Look in the pantry, fridge, and freezer.

2 Plan three simple meals
Start with what you already have.

3 Buy this week's essentials
Save what can wait for another week.

4 Ask for help without shame
A local food pantry is a good place to start.

My grocery reset

Weekly budget (optional): $ _____

Three pantry, fridge, or freezer items to use

1. _____ 2. _____ 3. _____

Three simple meals

1. _____ 2. _____ 3. _____

Groceries I need for those meals

_____

_____

One thing I am grateful for

_____

Closing prayer
Lord, thank You for what I have today. Give me wisdom for what I need and peace where I feel stretched thin. Amen.

AMAZING HOPE MINISTRY