

# Ten Easy Steps To Save Big Money On Groceries

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## Free Savings Report

Hello Fellow Shoppers,

I've got to tell you that people who know me think that I'm somewhat of a tightwad. I guess you can say that I do squeak a little but if you like me you know you can't pass up saving money. We'll saving money is exactly what my free report is all about.

What would happen if I gave you a ten dollar bill and sent you to the grocery store? How far could you get? If I told you that I spent less than that and bought enough meat for two people for five nights of dinner? I only spent \$7.48 and had \$2.52 left over. I bought ten nice fresh chicken breasts. That's two packs of 5 fresh breasts. That's pretty awesome, right!

Have you ever sat down and figured out how much you spend on groceries each month? I'll bet you're spending well a lot more then what you think. I'm sure you would like to have your money go farther? Following my steps! I recently purchased twenty-six nights dinner for \$99.51. I bought chicken breasts, spare ribs, ground beef, Italian sausage, pork chops, pork roast, London broil, marinated chicken, and marinated pork tenderloins. For two people, that equates to one dollar and ninety one cents per person per meal. In fact this way of shopping works so well, I've purchased a freezer to store my great deals.

If you follow my ten steps to saving money on groceries, you'll see just how easy it is to save. It doesn't matter whether you have a large or small family you can save. If you share my shopping steps with a family member or friend, you'll even save more!

Enjoy and have a lot of fun!

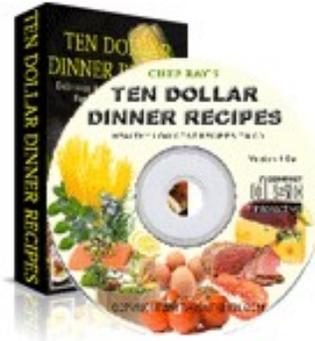
Best Regards,

Chef Ray

Take a look at my new cookbook on CD!

# “Ten Dollar Dinner Recipes”

by Chef Ray



Hello Everyone!

I'm going to save you a lot of money! Read about my new cookbook” and feed your family for an average cost of \$10.00 a meal!

I'm just launching my new cookbook on CD, "Ten Dollar Dinner Recipes". My cookbook is filled with **delicious, healthy, and easy to prepare recipes** that will cost you an average price of \$10.00 per meal to feed a family of 4 to 6 people. I've spent countless hours in the grocery stores pricing every type of food you can think of. Then I've brought together delicious, healthy, and easy to prepare recipes that your family will love, all for an average cost of \$10.00 per meal or less. I've also prepared my free report on how to save "Big Money" at the grocery store included on the CD. By ordering my CD you'll save hundreds of dollars on your families food bills and still serve healthy delicious meals.

I hope you enjoy this book as much as I've had creating it for you!

Chef Ray

[Click Here For More Info About My Cookbook](#)

Order my cookbook on CD today and get Free Shipping anywhere in the USA

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1. Write out your shopping list.
2. Use Coupons. You don't even have to clip them out any longer. I'll explain below. There are coupon sites available where you can print the coupons out. I've provided the sites to you below.
3. Identify and write down all of the grocery stores in your immediate vicinity.
4. Look up each of the stores on the computer and make sure that they offer a weekly savings magazine. Example; [www.winndixie.com](http://www.winndixie.com).

**Only shop at stores that offer a weekly savings magazine for your primary groceries like meat. Or go to their websites.**

5. Map out an easy route that you could follow to get to those stores in your vicinity.

(Example)

When I shop like this I'm fortunate to have five grocery stores within a short distance. I map my route in a loop so I hit all of the stores with in a short time and save money on fuel as well. My first stop is a store called Publix, second Sweatbays, third Albertsons, fourth Winndixie, and last Walmart Supercenter.

6. These next steps are going to be the most important. On your computer go to the website of the first grocery store on your list. Go through each page of the weekly magazine and first identify all of the "Buy On Get One Free" items. If you see an item that you would like to purchase from that store write it down on your list.

Example: Publix

Buy One Get Ones

Folgers Coffee Any Size

Dial Soap

Delemonte canned diced tomatoes etc.

7. Once you've identified each of the Buy On Get One Free products from each store and have compared them to your shopping list, move on to the items remaining on your list. Look at each website and find the best prices on the remaining products that you want.
8. Write down on your list what store you would like to purchase them from.
9. Take a Cooler. On the day you intend to shop take a good cooler with you to keep the refrigerated items you purchase cold. You may want to get a bag of ice at your first stop.
10. Do not purchase items that are not on your list. Buy them only if they are on sale! Ask for managers' specials.

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## Additional Tips.

1. Use coupons! They can really add up fast. Find the links below but don't forget the news papers in your area.
2. On buy one get one free products such as meat. Make sure that you're buying items that are as close as possible in price. If you buy one package of meat for ten dollars and another for eight dollars the store will charge you the larger price. By closing in the price range you're getting more of a true buy one get one free.
3. If you find a good deal take advantage of it. Use freezer storage bags if you have to purchase family packs and break the packages up.
4. Shop with a family member or friend. If you purchase a buy one get one free item. Split the price with your family member or friend. If you do, you would actually purchase the item for half off.
5. Unless on sale, remember that prices on items like canned goods, paper products, packaged foods, toiletries, pet food and house hold items are reduced at the larger volume discount stores. You'd be surprise how much you can save on pet food alone. Intern, go for your best deal!
6. Avoid taking anyone shopping with you who's going to add items to your cart, which you really don't want to purchase.
7. Do your shopping every two weeks or every month if possible to avoid impulse shopping.
8. For additional savings make sure you are enrolled in the Upromise College Savings Program. [www.upromise.com](http://www.upromise.com) This is a wonderful savings program for children to help save college and you can find great coupons to help you save.
9. If you have the Bakery Thrift stores in your area you can get great deals on products such as Entenmanns, Wonder Bread, etc.
10. Go to the stores when they are quiet so you can spend a little time getting your best deals.

If you have any questions please email at

<mailto:ray@rayskitchen.com?subject=Question about your shopping tips>.

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## Coupon Sites

On top of getting “Buy One Get One Free’s” utilizing coupons are a must. News papers are a great source for all sorts of coupons. Call the grocery stores in your area to see if they offer “Double Coupon” days. Say that an item is buy on get one free and the item costs \$3.89. You have a coupon for fifty cents off. With double coupon days you'll not only get one free but you can also use your coupon(s) and receive an additional dollar off. That means you'll get two products for only \$2.89. That's an incredible savings. Use your head and shop smart. You'll have huge savings in no time at all. If you're not able to cut coupons or in addition to cutting coupons try the sites below.

Just copy and paste the links into your web browser.

Or, just simply click the links.

Upromise

<http://www.upromise.com>

EntirelyCoupons.com

<http://www.entirelycoupons.com/grocery-coupons/?gclid=CM7noPXo9JUCFQXGsgodPQIViQ>

Coupons.com

<http://print.coupons.com/Couponweb/Offers.aspx?pid=13306&nid=10&zid=iq37>

CouponMom.com

<http://www.couponmom.com/index.php?cid=99>

ShopAtHome.com

[http://discounts.shopathome.com/Discounts\\_And\\_Coupons/Default-GroceryCoupons.aspx?refer=76068&src=SEPDSE&gclid=CK32IMzm9JUCFQIfswodbgTciw](http://discounts.shopathome.com/Discounts_And_Coupons/Default-GroceryCoupons.aspx?refer=76068&src=SEPDSE&gclid=CK32IMzm9JUCFQIfswodbgTciw)

CoolSavings.com

<http://www.coolsavings.com/GroceryCoupons.aspx?SessionID=6c42eda3-d1d1-4326-9a3a-893e8d679476-2>

CouponMountain.com

<http://www.couponmountain.com/coupon-codes--se-food+coupons.html>

Wow-Coupons.com

<http://wow-coupons.com/restaurants.php>

PrintGroceryCoupons.net

[http://www.printgrocerycoupons.net/?gclid=CPGerl3p9JUCFQRhswodnj\\_xhw](http://www.printgrocerycoupons.net/?gclid=CPGerl3p9JUCFQRhswodnj_xhw)