



The Pantry Price Book

Track prices, plan the week, stock the pantry

General information, not nutrition or medical advice. Check labels for allergens.

Follow food safety guidance from [FoodSafety.gov](https://www.foodsafety.gov) and the USDA.

© 2026 Rip & Ride LLC. Free to print and share with your household. Please do not resell.

How a price book works

A price book is a simple record of what the things you buy most actually cost, at the stores you shop. After a few weeks you know a real sale when you see one, and which store is cheapest for what.

- 1 Pick your ten**
Start with the ten items you buy most often: milk, eggs, bread, rice, chicken, coffee and so on.
- 2 Write down the unit price**
Record the price, the size and the unit price (price divided by size) every time you shop.
- 3 Mark your best price**
Circle the lowest unit price you've seen. When an item hits that price, stock up within reason.
- 4 Keep it with your list**
Bring the book, or a photo of it, when you shop.

Unit price cheat sheet

Measure	Equals
Price per ounce	price ÷ ounces
1 pound	16 ounces
1 kilogram	about 35.3 ounces
100 grams	about 3.5 ounces
1 liter	about 33.8 fluid ounces
1 gallon	128 fluid ounces
1 quart	32 fluid ounces
Per item	price ÷ count

© 2006 The Authors

© 2006 The Authors

© 2006 The Authors

© 2006 The Authors

Weekly dinner planner

Plan five dinners and a leftovers night. Note the ingredients they share.

Day	Dinner	Uses up / shares
Sunday (prep)		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Already in the fridge, freezer and pantry

Shopping list by aisle

Produce

☐☐☐☐☐☐☐

Meat, fish and eggs

☐☐☐☐☐

Dairy

☐☐☐☐

Frozen

☐☐☐☐

Pantry and canned

☐☐☐☐☐☐☐

Bread and grains

☐☐☐

Household

☐☐☐

Pantry staples

You don't need all of these at once. Add a few each week and keep the ones your household uses.

Grains	Have it?
☐ Rice	
☐ Oats	
☐ Pasta	
☐ Flour	
☐ Tortillas or bread (freeze extra)	

Proteins	Have it?
☐ Dried or canned beans	
☐ Lentils	
☐ Peanut butter	
☐ Canned tuna or chicken	
☐ Eggs	

Flavor	Have it?
☐ Onions	
☐ Garlic	
☐ Bouillon or broth	
☐ Canned tomatoes	
☐ Cumin, chili powder, paprika	
☐ Vinegar	
☐ Cooking oil	
☐ Soy sauce	

Freezer	Have it?
☐ Frozen mixed vegetables	
☐ Frozen fruit	
☐ Portioned meat or poultry	
☐ Cooked rice or grains	
☐ Soup or chili portions	

Freezer inventory

What	Portions	Date frozen	Used

Food safety quick reference

Refrigerate leftovers	Within 2 hours of cooking (1 hour if it's above 90°F)
Eat refrigerated leftovers	Within 3 to 4 days, or freeze them
Thaw safely	In the fridge, in cold water changed every 30 minutes, or in the microwave if cooking right away
Poultry and ground poultry	Cook to 165°F
Ground beef and pork	Cook to 160°F
Frozen food at 0°F	Stays safe; eat within a few months for best quality

Source: USDA and FoodSafety.gov guidance. Published by Rip & Ride LLC, 30 N Gould St Ste R, Sheridan, WY 82801. Recipes and more at thepennystretcher.com.