

Grocery Budget & Monthly Ration List with Price Check

A ready monthly ration list for an Indian family of four, with a price check across three shops, so you buy each item where it is cheapest and stay inside your grocery budget.

What the full file has

Ration List: Every item with quantity, prices at three shops, the best price and what you paid.

Summary: Plan vs paid for each section, items still to buy and cost per person.

Free 3-page preview: the next pages show the sample file exactly as it looks in Excel and Google Sheets.

Get the full Grocery Budget & Monthly Ration List with Price Check

Blank file for your own data plus the sample file. Works in Excel, Google Sheets and WPS Office.

draftstack.in/product/grocery-budget-monthly-ration-list

Ration List

Every item with quantity, prices at three shops, the best price and what you paid.

Grocery Budget Ration List.xlsx											
fx Ration List											
Ration List Prices are per unit (per kg, litre or pack). Best price, Best at and Planned cost fill by themselves.											
Item	Section	Unit	Qty per month	Shop 1 price	Shop 2 price	Online price	Best price	Best at	Planned cost	Bought?	Paid
Wheat atta	Grains & flour	kg	20.00	₹44	₹42	₹46	₹42	Local kirana	₹840	Yes	₹860
Rice, daily use	Grains & flour	kg	10.00	₹58	₹55	₹62	₹55	Local kirana	₹550	Yes	₹560
Basmati rice	Grains & flour	kg	2.00	₹120	₹112	₹109	₹109	Online app	₹218	No	
Besan	Grains & flour	kg	1.00	₹95	₹90	₹99	₹90	Local kirana	₹90	No	
Suji / rava	Grains & flour	kg	1.00	₹52	₹48	₹55	₹48	Local kirana	₹48	No	
Poha	Grains & flour	kg	1.00	₹60	₹58	₹54	₹54	Online app	₹54	No	
Toor dal	Dal & pulses	kg	2.00	₹165	₹158	₹172	₹158	Local kirana	₹316	Yes	₹320
Moong dal	Dal & pulses	kg	1.00	₹130	₹125	₹128	₹125	Local kirana	₹125	No	
Chana dal	Dal & pulses	kg	1.00	₹98	₹95	₹104	₹95	Local kirana	₹95	No	
Masoor dal	Dal & pulses	kg	1.00	₹110	₹104	₹108	₹104	Local kirana	₹104	No	
Rajma	Dal & pulses	kg	1.00	₹150	₹145	₹139	₹139	Online app	₹139	No	
Kabuli chana	Dal & pulses	kg	1.00	₹140	₹132	₹136	₹132	Local kirana	₹132	No	
Sunflower oil	Oil & ghee	litre	5.00	₹150	₹145	₹142	₹142	Online app	₹710	Yes	₹725
Mustard oil	Oil & ghee	litre	1.00	₹175	₹168	₹172	₹168	Local kirana	₹168	Yes	₹168
Ghee	Oil & ghee	litre	1.00	₹650	₹630	₹615	₹615	Online app	₹615	Yes	₹615
Sugar	Basics	kg	3.00	₹46	₹45	₹48	₹45	Local kirana	₹135	Yes	₹135
Salt	Basics	kg	1.00	₹28	₹25	₹27	₹25	Local kirana	₹25	No	
Jaggery	Basics	kg	1.00	₹70	₹65	₹72	₹65	Local kirana	₹65	No	
Tea	Beverages	kg	0.50	₹520	₹500	₹480	₹480	Online app	₹240	Yes	₹240
Coffee	Beverages	pack	1.00	₹210	₹205	₹199	₹199	Online app	₹199	No	
Turmeric powder	Spices	pack	1.00	₹55	₹52	₹49	₹49	Online app	₹49	No	
Red chilli powder	Spices	pack	1.00	₹75	₹72	₹69	₹69	Online app	₹69	No	
Coriander powder	Spices	pack	1.00	₹48	₹45	₹46	₹45	Local kirana	₹45	No	
Garam masala	Spices	pack	1.00	₹85	₹80	₹78	₹78	Online app	₹78	No	
Jeera	Spices	pack	1.00	₹90	₹88	₹84	₹84	Online app	₹84	No	
Mustard seeds	Spices	pack	1.00	₹30	₹28	₹29	₹28	Local kirana	₹28	No	
Biscuits	Snacks	pack	6.00	₹30	₹30	₹28	₹28	Online app	₹168	Yes	₹180
Namkeen	Snacks	pack	3.00	₹55	₹50	₹52	₹50	Local kirana	₹150	No	
Bread	Dairy & bakery	pack	8.00	₹45	₹45	₹48	₹45	DMart	₹360	No	
Eggs	Dairy & bakery	dozen	4.00	₹84	₹80	₹90	₹80	Local kirana	₹320	Yes	₹320
Butter	Dairy & bakery	pack	1.00	₹285	₹280	₹275	₹275	Online app	₹275	No	
Detergent powder	Cleaning	kg	3.00	₹120	₹112	₹105	₹105	Online app	₹315	Yes	₹330
Dishwash liquid	Cleaning	litre	1.00	₹210	₹199	₹189	₹189	Online app	₹189	Yes	₹189
Floor cleaner	Cleaning	litre	1.00	₹190	₹185	₹179	₹179	Online app	₹179	No	
Toilet cleaner	Cleaning	bottle	2.00	₹99	₹95	₹92	₹92	Online app	₹184	No	
Garbage bags	Cleaning	pack	3.00	₹60	₹55	₹52	₹52	Online app	₹156	No	

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Summary

Plan vs paid for each section, items still to buy and cost per person.

Grocery Budget Ration List.xlsx				
fx Summary				
Summary				
Monthly budget	Planned cost	Paid so far	Items to buy	
₹14,000	₹8,520	₹4,986	27	
Plan vs budget				
	Cost per person	Status		
₹5,480	₹2,130	Within budget		
By section				
Section	Planned	Paid	Items	
Grains & flour	₹1,800	₹1,420	6	
Dal & pulses	₹911	₹320	6	
Oil & ghee	₹1,493	₹1,508	3	
Basics	₹225	₹135	3	
Spices	₹353	₹0	6	
Beverages	₹439	₹240	2	
Snacks	₹318	₹180	2	
Dairy & bakery	₹955	₹320	3	
Cleaning	₹1,023	₹519	5	
Personal care	₹1,003	₹344	4	
Baby care	₹0	₹0	0	
Other	₹0	₹0	0	
Total	₹8,520	₹4,986	40	
Start Here Settings Ration List Summary Lists				