



Foodie Adventure Budget Planner

Explore local food without accidentally nuking your weekly budget.

Aroundtheworldwithrob.com • Printable template • Last updated: January 2026

HOW THIS WORKS

You don't need to track every crumb. You DO need a simple ceiling. Set a weekly food budget, then use daily guardrails so one fancy dinner doesn't eat three days of market snacks.

Set your food budget

Item	Write it here	Notes
Trip dates		
Days in destination		
Target weekly food budget (local currency)		
Target daily average (weekly / 7)		
Your 'splurge fund' (for 1-2 meals)		

Your rules (keep them simple)

- Market / street food is my default; sit-down meals are my chosen moments.
- If I splurge today, I do a light day tomorrow (no guilt, just balance).
- I don't chase must-try lists every day — I pick 1 highlight and let the rest be normal.

Category plan (so you know where the money goes)

Category	Weekly amount	Notes
Street food / snacks		
Cafés / coffee		
Restaurants		
Markets / groceries		
Drinks (non-alcohol + alcohol if relevant)		
Food experiences (tour/class/tasting)		
Transport to food (taxis/metro)		
Tips / service		
Buffer (stuff you forgot)		

Daily tracker (copy this page as needed)

TIP Track totals, not perfection. The goal is awareness — not a spreadsheet life.

Date	Meals (B/L/D)	Snacks + Drinks	Markets / Groceries	Experiences	Transport	Total	Notes
___/___/___							
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Weekly recap (5 minutes)

Prompt	Write it here	Notes
Weekly budget		
Actual spent		
Difference (+/-)		
Big wins (what worked)		
One tweak for next week		

Splurge plan (so it's intentional)

- My 1-2 signature meals this week will be: _____
- My max spend per signature meal: _____
- My swap to balance it (pick one): street-food day / cook-in day / coffee-only café / skip drinks

Budget-saving moves that still feel like travel

- Eat the local breakfast (often the best value) and make lunch your lighter meal.
- Use markets for fruit/snacks so you're not buying convenience-store prices.
- Order one less thing at restaurants (skip the extra drink or side) — you'll still feel treated.
- Walk 10 minutes away from the main square. Food quality often goes up while prices drop.