FREE GUIDE

10 Quick Ways to Save $100 This Week

By Buzu Writer

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Introduction

Saving money often feels overwhelming. Many people believe that progress takes years, but the reality is that meaningful results can start right away. Imagine having an extra $100 in your pocket in just seven days. This is not about cutting out all joy in life—it is about making smarter choices that free up cash without sacrifice.

This guide is designed to give you ten proven, practical methods you can apply immediately. Each section includes a short explanation, a real-world example, and a simple action plan you can follow.
If you take action on even half of these strategies, you will have already saved or earned $100 this week.

1. Make Coffee at Home Instead of Buying It

The Problem:
Coffee shops charge $3–6 per cup. Even one cup a day adds up to $90–180 a month.

The Quick Fix:
Buy ground coffee, a French press, or even a simple drip machine. A pound of coffee beans makes around 25 cups for less than $12. That is about 50 cents per serving.
Action Plan:

- Skip the coffee shop three times this week.
- Brew at home instead.

Track how much you would have spent and transfer that amount into a “savings” jar or app.
Your Savings This Week: $20–30

2. Cook Meals Instead of Eating Out

The Problem:
Restaurant meals cost $15–20 per person. Fast food is cheaper but still adds up quickly.

The Quick Fix:
Cooking at home costs $3–5 per meal. Batch-cook pasta, rice bowls, or soups that stretch across multiple days.

Action Plan:

- Choose two nights this week to cook instead of dining out.
- Prep lunch boxes the night before using leftovers.
- Freeze extra portions to reduce waste.

Your Savings This Week: $30–45

3. Cancel or Pause Unused Subscriptions

The Problem:
Many people pay for streaming, music, or app subscriptions they rarely use.
The Quick Fix:
Review your bank statement. Cancel or pause any service you have not used in the last 30 days.

Action Plan:

- Write a list of all monthly subscriptions.
- Cancel at least one.
- Use free alternatives (public library, free trial versions, or ad-supported apps).

Your Savings This Week: $20–30

4. Use Cashback and Coupon Apps

The Problem:
Shoppers often ignore digital savings tools.

The Quick Fix:
Apps like Honey, Rakuten, and Ibotta give you instant discounts or cashback. Many grocery chains also have in-app coupons.

Action Plan:

- Install one cashback app today.
- Use it for your next grocery or online purchase.
- Record the savings in your notebook or app.

Your Savings This Week: $10–20

5. Skip Delivery Fees by Picking Up Orders

The Problem:
Food delivery apps add service fees, delivery charges, and tips—sometimes $8–15 extra.
The Quick Fix:
Call ahead and pick up your order directly. Many restaurants even give discounts for direct pick up.

Action Plan:

- Choose two meals this week to pick up instead of using delivery.
- Put the saved fee in your savings jar.
- Combine errands so you save time and gas.

Your Savings This Week: $12–20

6. Bring Your Own Lunch to Work or School

The Problem:
Buying lunch daily costs $40–60 a week.
The Quick Fix:
Meal-prep sandwiches, salads, or rice bowls at $2–4 each.

Action Plan:

- Plan three lunches for this week.
- Cook once, portion into containers, refrigerate.
- Pack your meal before bed to avoid skipping.

Your Savings This Week: $25–30

7. Switch to Generic or Store-Brand Items

The Problem:
Brand loyalty makes people overspend.
The Quick Fix:
Most store-brand groceries and medicine are made by the same manufacturers as the name brands.

Action Plan:

- During your next shopping trip, swap at least five items for store brands.
- Compare unit prices on shelves.
- Track the difference.

Your Savings This Week: $10–15

8. Sell One Item You No Longer Use

The Problem:

Many households have unused electronics, furniture, or clothing collecting dust.

The Quick Fix:

Selling items online or locally turns clutter into cash.

Action Plan:

- Pick one item you have not used in six months.
- Take clear photos and list it on Facebook Marketplace, OfferUp, or eBay.
- Accept the first fair offer and transfer the money into savings.

Your Earnings This Week: $20–50

9. Walk, Bike, or Carpool Instead of Driving Alone

The Problem:
Short solo trips waste gas and money.
The Quick Fix:
Walking, biking, or carpooling saves $5–20 a week.
Action Plan:

- Replace two short car trips with walking or biking.
- Coordinate one shared ride with a co-worker or friend.
- Track your gas tank—notice it lasts longer.

Your Savings This Week: $5–10

10. Cut Out Sugary Drinks and Bottled Water for One Week

The Problem:
Buying soda or bottled water daily costs $10–20 per week.

The Quick Fix:
Drink filtered tap water or brew iced tea at home.
Action Plan:

- Skip soda for one week.
- Carry a reusable water bottle.
- Brew one pitcher of iced tea for less than $1.

Your Savings This Week: $10–15

Conclusion

In just one week, these simple changes can save you $100 or more. But the true benefit comes from repeating them. Saving $100 a week equals $5,200 a year—money that could be used for debt repayment, emergency savings, or investing for the future.

This mini-guide is only the beginning. If you want to master long-term financial peace, my full book, “How to Save Money for the Future”, provides step-by-step systems, including U.S. federal and state considerations, to protect and grow your wealth.

👉 Your Next Step, Click the Link below:
Get the complete book, ***How to Save Money for the Future***, and begin your journey toward greater financial freedom.

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