

The Solo Living Budget & Basics Kit

A simple, empowering guide for rebuilding your foundation after a breakup or divorce

By Alex — Founder of The Solo Nest

A Gentle Welcome

Hey friend,

If you're holding this guide, it means you're in the middle of one of life's hardest transitions — and you're choosing to move forward with intention and care. That takes courage. Whether you're reworking your budget, figuring out solo grocery shopping, or just trying to make your space feel like home again, this kit is for you.

There's no pressure to do it all at once. This is about small, doable steps that bring peace, structure, and confidence into your new rhythm of life.

You've already made it this far — let's keep going together.

Warmly,
Alex
The Solo Nest

Budgeting for One (Without the Overwhelm)

Money feels different when you're suddenly managing everything alone. But awareness is powerful — and so is simplicity. Let's focus on essentials, clarity, and a plan you can actually stick to.

Start by thinking of your expenses in a few simple categories: housing costs like rent and utilities, food and groceries, and getting around — whether that means gas, a car note, or a bus pass. Don't forget your phone and internet, any regular health expenses like prescriptions or doctor copays, and any debt payments. If you can, start setting aside even a small amount toward an emergency fund. And yes, you should absolutely budget for comfort — things like coffee, candles, or small joys that make life feel warmer.


Saving money solo doesn't mean living miserably — it means living mindfully. Start by using cashback apps like Ibotta or Rakuten to reclaim a little on what you're already buying. Make a small grocery list and stick to it — and never shop hungry. Try cooking once and eating twice by doubling recipes. Before buying something new, check local Buy Nothing groups or ask a friend. Unsubscribe from email ads that make you want to spend impulsively. Call your phone or internet provider and ask for a discount — you'd be surprised how often they'll say yes. And maybe brew your own coffee — small changes, big savings.

Start small. Even \$5 saved is a win.

Bare-Bones Grocery List for One

Shopping on a solo budget means keeping things simple and stretchable. Brown rice, oats, and pasta form the foundation for many affordable meals. Eggs, peanut butter, and canned tuna or chicken are affordable protein options. Stock your freezer with veggies and keep a bagged salad on hand for quick sides. Beans — whether canned or dry — are super filling and versatile. Apples, bananas, and frozen berries offer easy fruit options, while bread, milk, and butter round out the essentials. And don't forget a little comfort. Coffee or tea can go a long way in creating calm moments.

When you're tired, hungry, and trying to stay on budget, simple meals are everything. Try rice with frozen veggies and a splash of soy sauce, or ramen upgraded with an egg and some spinach. A classic egg sandwich with fruit works in a pinch. Pasta with canned sauce and a sprinkle of cheese can hit the spot. Baked potatoes topped with butter and canned beans are cheap and filling. And for breakfast or a warm snack, oats with peanut butter and cinnamon can comfort and nourish.

 **Pro Tip:** Shop off-brand, buy in small batches, and keep it simple.

Basics to Ground Your Home Again

You don't need a Pinterest-worthy setup — you just need a few key things to feel safe and supported. Start with the bathroom: a shower curtain and a soft bath mat go a long way. A single cozy throw or blanket creates a grounding space on your couch or bed. Swap overhead lighting for a warm lamp. Stock your kitchen with a basic set of dishes, silverware, and cookware. Cleaning supplies and laundry detergent are functional basics, but a good candle or a small essential oil diffuser brings comfort into your space. And if you can, create a 'soft zone' — a chair with a pillow and blanket, a corner that feels like it's yours.

Your Simple Solo Cleaning Rhythm

Create a weekly flow that's more rhythm than routine. Mondays can be for quick bathroom resets — wipe down the sink and mirror. Tuesdays, toss in a load of laundry, even if it's just your essentials. On Wednesdays, do a light vacuum or sweep to keep things fresh. Fridays are perfect for clearing out the fridge and taking out the trash. And Sundays? Reset your vibe. Make your bed, fluff your pillows, light a candle — start the week with calm energy.

Free Printable Extras You Can Download

Free Resource

[Monthly Budget Worksheet](#)

[Cozy Comfort Checklist](#)

[Cleaning Schedule Tracker](#)

[Quick Meals for One Guide](#)

What It Helps With

Track and plan your expenses easily

Set up a comforting home environment

Stay on top of basics without burnout

Go-to meals that are cheap, fast, and filling

A Final Word from Alex

Friend, you don't have to have it all figured out. This isn't about being perfect — it's about rebuilding a life that fits you now.

Your budget doesn't define your worth.

Your tiny apartment is still sacred ground.

And small choices — like cooking one good meal, or wiping down the counter — can anchor you more than you know.

You're not starting over. You're starting fresh.

Let's keep going — together.

With steady support,

Alex

The Solo Nest

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