



[list](#) on your refrigerator so that when you– or someone else in your house– finishes something, they can just check it off so that you know to buy it next time you shop.

This list does not need to stay pretty! Start by checking things off, then circle, add in, redefine, put questions marks... whatever helps you. Also, go through the weekly ads for the store (at home or when you get to the store) and then add in sale items that are a good buy for the week. You may even want to look at the ads before you make your meal suggestions.

Depending on how your grocery store is set up, you may want to move the categories around to make the flow easier. Feel free to make this your own. It needs to be functional to how YOU shop if it's going to make YOUR life easier. I also like that I can divide up this list and give certain sections to my husband, this cuts a lot of time off the trip and even removes some of those tempting tasty distractions that I might have been inclined to buy.

I hope you find this helpful as you continue to venture into the adventure of crock pot cooking. Take it one step at a time and soon enough you'll be eating home cooked, easy meals on more nights of the week. Enjoy!