

# A la "cart": how to manage your crock pot grocery list

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| <p><b>MEAT/SEAFOOD/EGG</b></p> <ul style="list-style-type: none"> <li>___ Chicken</li> <li>___ Pork</li> <li>___ Beef</li> <li>___ Fish</li> <li>___ Hot Dogs</li> <li>___ Shrimp</li> </ul> <p><b>CHEESE/EGG/STEWART</b></p> <ul style="list-style-type: none"> <li>___ Cheese Slices</li> <li>___ American Cheese</li> <li>___ Cheddar Cheese</li> <li>___ Cream Cheese</li> <li>___ Eggs</li> <li>___ Yogurt</li> </ul> <p><b>SEMI-SOLID</b></p> <ul style="list-style-type: none"> <li>___ Ketchup</li> <li>___ Pickle or sauerkraut salad</li> <li>___ Mayo</li> <li>___ Dressing</li> </ul> <p><b>BAKING</b></p> <ul style="list-style-type: none"> <li>___ White bread</li> <li>___ Bagels/Eng. muffins</li> <li>___ Buns</li> <li>___ Flour tortillas</li> </ul> <p><b>GRAIN/BEAN/FAST</b></p> <ul style="list-style-type: none"> <li>___ Oatmeal</li> <li>___ Cornmeal</li> <li>___ Couscous</li> <li>___ Lentils</li> <li>___ Beans</li> <li>___ Pasta</li> <li>___ Rice</li> <li>___ Quinoa</li> <li>___ Wild rice</li> <li>___ Bulgur</li> <li>___ Farro</li> <li>___ Millet</li> <li>___ Amaranth</li> <li>___ Buckwheat</li> <li>___ Sorghum</li> <li>___ Teff</li> <li>___ Taro</li> <li>___ Yucca</li> </ul> <p><b>CRACKERS/COOKIES</b></p> <ul style="list-style-type: none"> <li>___ Ritz crackers</li> <li>___ Crackers</li> <li>___ Tortilla chips</li> <li>___ Pretzel sticks</li> <li>___ Cookies</li> <li>___ Graham crackers</li> <li>___ Gelatin</li> </ul> | <p><b>BEVERAGES</b></p> <ul style="list-style-type: none"> <li>___ Soybean/Vegeter</li> <li>___ Whitehead Vinegar</li> <li>___ Olive Oil</li> <li>___ Vegetable Oil</li> <li>___ Sesame Oil</li> <li>___ Parsley</li> <li>___ Other seasoning</li> <li>___ Cumin</li> <li>___ Mayonnaise</li> </ul> <p><b>COOKING ITEMS</b></p> <ul style="list-style-type: none"> <li>___ Flour</li> <li>___ Sugar or Splenda</li> <li>___ Chocolate chips</li> <li>___ Bread crumbs</li> <li>___ Citrus</li> <li>___ Cooking spray</li> <li>___ Seasoning</li> <li>___ Corn starch</li> </ul> <p><b>FRUITS/VEGGIES</b></p> <ul style="list-style-type: none"> <li>___ Bananas</li> <li>___ Berries</li> <li>___ Melon</li> <li>___ Apples</li> <li>___ Oranges</li> <li>___ Grapes</li> <li>___ Citrus</li> <li>___ Potatoes/sweet potatoes</li> <li>___ Lentils</li> <li>___ Tomatoes</li> <li>___ Peppers (all varieties)</li> <li>___ Carrots/Dobo carrots</li> <li>___ Mushrooms</li> <li>___ Squash/Zucchini</li> <li>___ Cucumbers</li> <li>___ Corn</li> <li>___ Celery</li> <li>___ Peas</li> </ul> <p><b>BEANS/JUNKIES</b></p> <ul style="list-style-type: none"> <li>___ Milk</li> <li>___ Juice</li> <li>___ Coffee or Tea</li> <li>___ Crystal Light</li> <li>___ Hot and hot</li> <li>___ Juice boxes</li> <li>___ Pop</li> </ul> | <p><b>CANNED/REFRIG</b></p> <ul style="list-style-type: none"> <li>___ Pasta</li> <li>___ Tomato Sauce</li> <li>___ Rice</li> <li>___ Beans</li> <li>___ Canned green beans</li> <li>___ Ham</li> <li>___ Canned fruit</li> <li>___ Applesauce</li> <li>___ Peanut butter</li> <li>___ Jelly</li> <li>___ Mayo</li> <li>___ Salsa</li> </ul> <p><b>FROZEN</b></p> <ul style="list-style-type: none"> <li>___ Pops</li> <li>___ Oats</li> <li>___ Mixed Freezer/Hot</li> <li>___ Oats/Beans</li> <li>___ Waffles/pancakes</li> <li>___ Tater tots</li> <li>___ Fridge frozen</li> <li>___ Photo cards</li> <li>___ Frozen bread</li> </ul> <p><b>PAPER GOODS</b></p> <ul style="list-style-type: none"> <li>___ Paper plates/cups</li> <li>___ Plastic cups</li> <li>___ Paper Towels/napkins</li> <li>___ Toilet paper</li> <li>___ Tin foil, plastic wrap</li> <li>___ Plastic bags</li> <li>___ Coffee filters</li> <li>___ Crockpot liners</li> </ul> <p><b>CLEANING SUPPLIES</b></p> <ul style="list-style-type: none"> <li>___ Dish soap</li> <li>___ Dishwasher detergent</li> <li>___ Comet/Toilet cleaner</li> <li>___ Laundry detergent</li> </ul> <p><b>DINNERS</b></p> <ul style="list-style-type: none"> <li>___ Monday:</li> <li>___ Tuesday:</li> <li>___ Wednesday:</li> <li>___ Thursday:</li> <li>___ Friday:</li> <li>___ Saturday:</li> <li>___ Sunday:</li> </ul> |
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Do you ever feel like your day is moving so fast, you might get a metaphorical speeding ticket? And that you'd enjoy being pulled over in the traffic of life because it means that you could stop moving for just a minute?! Some days definitely feel like that, but in order to maintain less madness, I try to be (ok, obsessively) organized. I have lists: to do lists, grocery lists, lists for my husband, wish lists and even a few mental notes to self. There is

nothing more gratifying to me than seeing an entire list illuminated by bright pink highlighter and to feel the page wilting from the weight of my successes. Yeah, I'm like that.

And while it's somewhat entertaining, I think my lists are actually pretty useful, so I'm going to share one with you today. I downloaded this a couple years ago and then adapted it to my specific wants/needs. My apologies to whatever web site posted this originally, I honestly don't remember where it came from. But when I need to restock the kitchen, this helps me stay focused and ultimately get only what I need, so that I save myself from the frivolous whims of grocery store end caps.

Start list list from the bottom- fill in what you'd like to have for dinner most nights. It's ok if you just write "Monday- chicken, veggie" or "Tuesday- CP lentil soup" (CP= crock pot). Give yourself a target of what you'd like to eat and then work up the list, adding the ingredients you need to purchase. It's also helpful to keep this [crock pot grocery](#)

[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!