

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

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| MEAT/SEAFOOD/EGG
Chicken
Pork
Beef
Fish
Hot Dogs
Shrimp

CHEESE/EGG/STEGART
Cheese Slices
American Cheese
Cheddar Cheese
Cream Cheese
Eggs
Yogurt

SPICES/SEEDS
Black Seed
Peppercorn or peppercorn blend
Mustard
Onions

BAKING
Baked bread
Bagels/Eng. muffins
Buns
Flour tortillas

GENERAL BREAKFAST
Oatmeal/Graham
Cereal/ Raisin
Multi Grain Cereals
Oatmeal
Cereal Bars
Granola

CRACKERS/COOKIES
Ritz cracker
Crackers
Tortilla chips
Pretzel sticks
Cookies
Graham crackers
Saltines

BEVERAGES
Juice
Coffee or Tea
Crystal Light
Hot and Cold
Juice boxes
Pop

CONDIMENT/VEGETABLES
Soybean/Vegeter
Whitehead Vinegar
Olive Oil
Vegetable Oil
Sesame Oil
Parsley
Other seasoning
Crockpot
Mayonnaise

COOKING ITEMS
Flour
Sugar or Splenda
Chocolate chips

FRUITS/VEGETABLES
Bananas
Berries
Melon
Apples
Oranges
Citrus
Potatoes/sweet potatoes
Lentils
Tomatoes
Peppers (red/yellow/green)
Carrots/Dobo carrots
Mushrooms
Squash/Zucchini
Cucumbers
Corn
Celery
Peas/beans

BEANS/JUNKIES
Milk
Juice
Coffee or Tea
Crystal Light
Hot and Cold
Juice boxes
Pop

CANNED/REFRIG
Beans
Pasta
Tomato Sauce
Rice
Beans
Canned condiments
Ham
Canned fruit
Applesauce
Peanut butter
Jelly
Ketchup

FROZEN
Pops
Oats
Mixed Freezer/Steak
Oats/beans
Waffles/pancakes
Tacos/Hot
Fridge frozen
Photo cards
Frozen bread

PAPER GOODS
Paper plates/cups
Plastic cups
Paper Towels/napkins
Toilet Paper
Tin foil, plastic wrap
Plastic bags
Coffee filters
Crockpot liners

CLEANING SUPPLIES
Dish soap
Dishwasher detergent
Comet/Toilet cleaner
Laundry detergent

DINNERS
Monday:
Tuesday:
Wednesday:
Thursday:
Friday:
Saturday:
Sunday: | 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. |
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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!