

# BUSY MOM'S SHOPPING LIST

## BREAKFAST

Eggs	Cereal	Whole wheat	Yogurt	Protein drinks
Sausage	Milk	waffles	Orange juice	Tortillas
Oatmeal	Bread	Breakfast bowls	Mini Bagels	Pancakes
Fruit	Nut butter	Granola	Coffee	Spinach

## LUNCH AND DINNER

Chicken	Other Veggies	Spices	Onions	Healthy snacks
Beef	Rice	Lettuce	Fish	Pretzels
Potatoes	Beans	Tomatoes	Pasta	Trail Mix
Cheese	Nuts	Dressings	Soups	Pop Corn
				Wheat Thins
				Apple Slices

## HOME

Toilet Paper	Dish washer	Shampoo and	Toilet Cleaner	Light Bulbs
Paper Towels	detergent	Conditioner	Window	Batteries
Paper Plates	Laundry Soap	Tooth Paste	Cleaner	Trash Bags
Dish Soap	Fabric Softener	Mouthwash	Bleach	Diapers
Fragrances	Swiffer Pads	Furniture Polish	Pine Cleaner	Wipes
				Printer Ink