

Quick & Simple Grocery Guide for Busy Moms

Stock your kitchen like a pro!

Fridge Staples

- Eggs
- Greek Yogurt
- Cottage Cheese
- Pre-washed lettuce
- Fresh fruit (berries, apples, bananas)
- Rotisserie Chicken
- Bell Peppers, Carrots, Cucumbers

Pantry Essentials

- Rolled Oats & Quinoa
- Sweet potatoes
- Avocados
- Canned Beans
- Nut Butters
- Dark Chocolate
- Tortillas
- Protein Powder
- Sourdough Bread
- Siete Tortilla Chips
- Crackers (Mary's or Simple Mills)

Freezer Favs

- Frozen berries & veggies (broccoli & cauliflower rice)
- Protein: Ground Beef, Bison, Ground Turkey, Chicken, Fish, Shrimp
- Brown Rice Packs

Easy Meal & Snack Combos

- Breakfast: Green Yogurt, berries, nuts
- Lunch: Rotisserie Chicken, salad greens, avocado, olive oil dressing
- Snack: Apple + nut butter
- Dinner: Salmon + quinoa + roasted veggies
- ✨ Sweet Tooth Fix: Dark Chocolate & almonds

Smart Shopping Tips

- ✓ Stick to the outer aisles for fresh, whole foods 🛒
- ✓ Read labels—look for simple, real ingredients 📖
- ✓ Buy frozen fruits & veggies to save time & money ❄️
- ✓ Plan 3-4 easy meals so you don't overbuy 🍴

✨ Want more simple wellness tips?

Follow me on IG [@NatalieJForte](https://www.instagram.com/NatalieJForte)