Fun & Easy FIRST LOADS GROCERY LIST

Your first real loads should be easy and fun: minimal prep, quick to dry, and delicious enough to keep you excited. If something goes wrong? Your Skittles aren't going to be ruined. Take it to the store and fill in what you spend.

	Item	Prep tip	Qty	Price
FRUIT				
☐	Strawberries	*Hull and slice; thin-skinned, no nicking*		
☐	Bananas	*Slice about ¼–½ inch, amazing raw*		
☐	Apples	*Slice into chips or spirals*		
☐	Raspberries	*Whole, single layer*		
☐	Frozen fruit (mango, peaches)	*Straight from the bag*		
VEGGIES				
☐	Frozen peas	*Straight from the bag*		
☐	Frozen corn	*Straight from the bag*		
☐	Frozen mixed veggies	*Spread in a single layer*		
☐	Diced peppers & onions	*Frozen bags work great*		
DAIRY				
☐	Shredded cheese	*Parchment or mat; blot extra oil*		
☐	Yogurt (for yogurt drops)	*Pipe drops on a mat, pre-freeze*		
☐	Sour cream	*Spread flat, pre-freeze*		
MEAT				
☐	Lean ground beef	*Cook, drain, rinse, crumble small*		
☐	Rotisserie chicken	*Pull off bone, skip the skin*		
TREATS & CANDY (CANDY MODE)				
☐	Skittles	*Space out on parchment*		
☐	Salt water taffy	*Give it room to puff*		
☐	Gummy worms or bears	*They grow! Space them out*		
☐	Ice cream sandwiches	*Cut in bites, keep frozen until loading*		
☐	Mini marshmallows	*Eat from the bag or float in cocoa*		
LEFTOVERS & MEALS				
☐	Chili or soup	*Pre-freeze flat, under the tray lip*		
☐	Mashed potatoes	*Spread thin, pre-freeze*		
☐	Cooked rice	*Spread loose in a thin layer*		
MY OWN IDEAS				
☐				
☐				
		Total		

MAMA TIP Shop the sales and the seasons. Strawberries in June, apples in fall, and frozen veggie bags any time they're cheap. Stay two loads ahead with a pre-frozen tray waiting in the freezer, so your machine never sits empty.

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