

Grocery Shopping List



Go in with a list. Tip: Also have a meal plan in-hand!



Stick to the perimeter of the store for fresher foods.



Shop for what's in season. These products usually retain more nutrients.



Turn things around and read your nutrition facts.



Be bold! Try one new fruit or veggie each week.



Replace starchy carbs with whole grains, like brown rice and whole wheat pasta.



Make fish your friend. Tuna and wild-caught salmon are high in beneficial fats.

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