



Postpartum Grocery Shopping Guide

Grocery shopping can feel overwhelming and stressful, especially as a new mom. Even when you write a grocery list, we frequently forget items, stay in our comfort zone, or just feel like we are always eating /buying the same things. This grocery guide is here to help offer variety, keep staples in our kitchens, and learn tips/tricks when shopping!



APPROVED BY

Taylor Leon, MS, RD, LDN

@the_postpartum_dietitian

Tips to navigate grocery shopping:

1

Buy a variety of foods that are nutritious and that you enjoy. Your meals & snacks don't have to be boring!

2

You don't need to only shop to the perimeter of the store. There are plenty of nutritious foods on EVERY aisle.

3

Take a list with you, especially to help you remember items and keep within your budget, but also don't be afraid to try a new item. You may surprise yourself and end up with a new staple!

4

Purchase foods that help support your needs. This can include purchasing a variety of fruits & veggies, but it can also mean learning how to keep "unhealthy" or "indulgent" foods in your house and not feeling the need to binge the moment you get home.

5

You don't always need to purchase food labeled as "keto friendly," "sugar-free," or "reduced-fat." Often times, those labels are just marketing gimmicks and the "regular" version is usually just fine & more satisfying.



@THE_POSTPARTUM_DIETITIAN

HOW TO CREATE YOUR LIST

01

STEP ONE

WRITE OUT A LIST OF MEALS YOU WANT TO MAKE FOR THE WEEK. INCLUDE BREAKFAST, LUNCH, DINNER, AND SNACKS.

02

STEP TWO

CREATE A LIST OF STAPLES YOU BUY ON A WEEKLY OR MONTHLY BASIS. THIS COULD INCLUDE THINGS LIKE CEREAL, FROZEN VEGGIES, COFFEE, CHICKEN/MEAT, ETC. CREATE A SECTION ON YOUR LIST FOR STAPLES AND DO AN INVENTORY CHECK. THIS CAN SAVE MONEY & AVOID AN OVER CROWDED PANTRY IF YOU ARE ALREADY STOCKED.

03

STEP THREE

WRITE DOWN ANY SPECIAL INGREDIENTS YOU MAY NEED FOR ANY NEW RECIPES YOU MAY BE TRYING THIS WEEK.

04

STEP FOUR

WRITE DOWN YOUR WEEKLY PURCHASES IN A SEPARATE SECTION. THIS IS USUALLY THINGS LIKE FRESH PRODUCE, MILK, BREAD, OR EGGS.

05

STEP FIVE

WORK ON SHIFTING YOUR MINDSET FROM "MEAL PREPPING" TO "FOOD PREPPING." THIS CAN CREATE LESS FOOD WASTE, MORE VARIETY IN YOUR MEALS/SNACKS, AND ALLOWS FOR MORE FREEDOM AT MEAL TIME. THIS IS A HUGE STEP TOWARDS INTUITIVE EATING!



