

# Grocery Store GUIDE



For many people, visiting a large supermarket can be overwhelming. So many products to lure you in despite your best intentions. Check out my favorite tips for navigating the supermarket!

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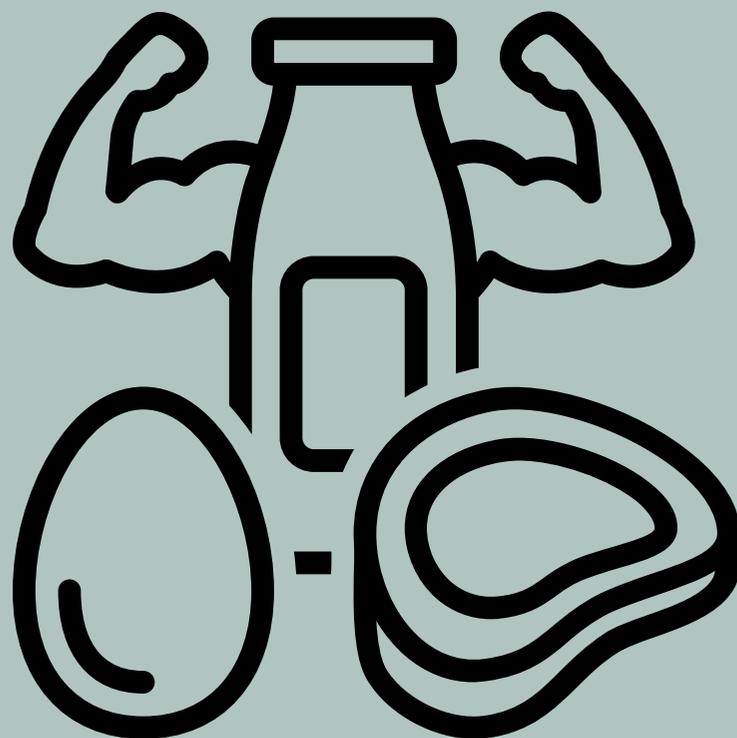


**Eating plenty of produce guarantees your body is getting all the phytochemicals, nutrients, and vitamins it needs to be healthy!**

## *Eat the Rainbow!*

- **Fruits and vegetables that are red support heart and brain function**
- **Orange fruits and vegetables are full of beta-carotene and vitamin C, great for improving eye health and immunity**
- **Yellow fruits and vegetables improve circulation**
- **Green fruits and vegetables purify the blood, by strengthening the immune system, nourishing the nervous system and wards off depression and anxiety**

Protein is key for building cells, maintaining tissue integrity, and producing critical enzyme, hormones, and other chemicals the body needs to function.



When it comes to animal protein, I'm very particular. If available, organic, cage-free or free-range are my preference. Get to know your farmers and where your food comes from!

Tofu, tempeh, beans, and legumes are great plant-based options.

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Dairy is known to be controversial. Experiment with it and see how it affects you!

If dairy doesn't work for you, there's plenty of dairy-free options. Soy, rice, oat, coconut, hemp, and nut milks, including almond and hazelnut. Choose one that has the fewest amount of ingredients.

Tip: reach for unsweetened options.

Most supermarkets carry a variety of grain options, however, many claim to be whole grain when there's very little grain in the product.

A couple tips to finding products made from whole grain:

- Check the label! A whole grain should be labeled first, not "wheat" or "enriched wheat" or "enriched flour"
- Wheat grains include bulgar, cracked wheat, spelt, and wheat berries.
- Wheat-free and gluten-free grains are amaranth, buckwheat, corn, millet, rice, and quinoa



# Healthy fats are essential for good health!



Healthy fats include oils, nuts, seeds, coconuts and avocados. Avoid hydrogenated and bleached oils.

# Herbs & Spices



Experiment with herbs  
and spices to  
determine which ones  
you prefer!

Some of my favorites: basil, oregano, thyme  
for meats; cinnamon, ginger, nutmeg and  
cloves for sweet vegetables.

# Grocery Shopping List

## veggies

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## fruit

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## protein

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