



Shopping survival list cheat sheet

I will provide you with a download link for the shopping list so you can continue to use

Let's hit the grocery store prepared with our shopping survival list. This survival guide will empower you to

- Ensure you get the healthy foods
- Reduce temptations and distractions
- Shop as efficiently as possible
- Navigate the grocery store like a PRO!

This survival guide is to give you an idea. You do NOT have to buy everything on this list. Start with a few of your favorites from each food group.

- **3 Veggies-** Spinach, carrots, broccoli
- **3 fruits-** Blueberries, oranges, grapes
- **3 lean proteins-** extra-lean ground beef, salmon, lentils
- **3 healthy fats-** Avocado, almonds,
- **2 grains:** * limit these to before/after workouts- oatmeal, wild brown rice

ALWAYS WITHOUT EXCEPTION SHOP WITH A LIST

If it's not on the list you don't buy it. You are living to higher standards now.

This will get rid of impulse buys.

Navigating around the grocery store

Most supermarkets are laid out the same way: Most of the healthy stuff is around the edges.

Most of the stuff to avoid is in the inner aisles.

Stick mostly to the perimeter, where you'll find lean protein plus fruits & veggies. Areas to avoid or visit sparingly are the middle aisles.

Be especially cautious around the cash register and ends of the aisles, where there are often eye -catching displays of junk. (And yes, the bakery is the first thing you smell when you walk in...For good reason.)

Fruits & vegetables

Look for colorful fruits and veggies and much as possible. Eat the rainbow!

Look for what's in season and/or local. It'll be fresher, cheaper, and tastier.

Orange & yellow

- Oranges
- Winter squash and pumpkin
- Orange peppers
- Carrots
- Cantaloupe
- Orange cauliflower
- Yams
- Apricots, peaches
- Mangos

Purple & blue

- Eggplant
- Red cabbage
- Purple kale
- Beets
- Blueberries, blackberries, lingberries
- Purple carrots
- Purple potatoes
- Black grapes

- Black cherries
- Black/purple plums

Dark green

- Spinach
- Beet greens
- Kale
- Broccoli
- Any other dark leafy green (e.g. turnip greens, collard greens)
- Brussels sprouts
- Fresh herbs (e.g. parsley, basil)
- Green beans, green peas
- Avocado
- Zucchini, cucumber (if you eat the peel)

Red and pink

- Red peppers
- Tomatoes
- Strawberries
- Cherries
- Cranberries
- Red grapefruit
- Red-skinned apples
- Watermelon
- Red grapes
- Red radishes
- Red lettuce, radicchio
- Rhubarb stems

Misc.

- Onions
- Mushrooms
- Celery

Lean Proteins

Meat

- Lean cuts of beef
- lamb
- Lean pork, tenderloin
- Wild game, venison

Poultry

- Lean chicken
- Turkey breast
- Duck
- Eggs and egg whites
- Cranberries

Fish

- Salmon
- Tilapia
- Cod
- Herring

Seafood

- Shrimp, fresh
- Crab, lobster

Plant based proteins

- Lentils
- Tofu
- Beans

Dairy

- Fat free yogurt

Good fats

Cold compressed oils

- Extra virgin, olive oil
- Flax seed oil
- Extra virgin, coconut oil
- Hemp seed oil

Nuts and seeds

- Raw unflavored, unsalted nuts
(Almonds, Cashews, Walnuts, pecans, Brazil nuts, hazel nuts)
- Turkey breast
- Raw unflavored, unsalted seeds (pumpkin seeds, sunflower seeds)
- Ground flax seeds

Whole grains

- Oats (steel cut or oat grouts)
- Barley
- Quinoa

Label reading checklist

Look for

- Whole foods
- No more than a few ingredients

Avoid

- Sugar (watch out for trick words)
- Other sweeteners

- Organic if possible
- Local if possible
- Minimal or NO packaging
- Corn or palm oil
- Additives, preservatives, and coloring
- More than a few ingredients

Trick phrases and words

- “Syrup” – corn syrup, brown rice syrup, agave syrup, etc.
- Words ending in “**ose**” - sucrose, glucose, fructose, etc.
- Words starting with “**malto**” - maltodextrin, maltitol, etc.
- Made with contains, “**real fruit**”
- “**Fortified with**”

ALWAYS WITHOUT EXCEPTION LOOK AT THE BACK OF THE LABEL

“Action is the real measure of intelligence” – Napoleon Hill