

Grocery Shop like a WINNER

QUICK TIPS

- Start with a plan. Think of recipes, meals, and snacks you want to eat during the week and develop a grocery list based on that.
- To ensure you are buying more fresh whole foods and less processed foods, shop the perimeter of the store more often than the aisles.
- Prioritize your grocery list by where items are in the store. This makes for quick and convenient shopping.
- Download grocery store apps to look for deals before you go to the store. Buy seasonal produce to save money and to ensure freshness.
- Avoid going to the store during “busy times” or when you are hungry. You can find out how busy grocery stores are at a given time by searching them in google.

FRUIT

CAN BE FRESH OR FROZEN

- Apples
- Bananas
- Oranges
- Clementine's
- Grapefruit
- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Grapes
- Honeydew
- Cantaloupe
- Watermelon
- Mangos
- Fruit Cups
- Dried Fruit
- Canned/jarred fruit
- Other _____

STARCHY VEGETABLES

CAN BE FRESH OR FROZEN

- Peas
- Corn
- Potatoes
- Sweet Potatoes
- Butternut Squash
- Acorn Squash
- Other _____

VEGETABLES

CAN BE FRESH OR FROZEN

- Broccoli
- Kale
- Green Beans
- Brussel Sprouts
- Carrots
- Peppers
- Eggplant
- Cauliflower
- Onion
- Zucchini
- Yellow Squash
- Mushrooms
- Beets
- Cucumber
- Tomato
- Spinach
- Romaine
- Arugula
- Other _____

DAIRY AND EGGS

- Eggs
- Egg Whites/Egg Beaters
- Low Fat Milk
- Low Fat Chocolate Milk
- String Cheese
- Reduced Fat Cream Cheese
- Sliced Cheeses
- Cottage Cheese
- Greek Yogurt
- Other _____

MEATS

- 90/10 Lean Ground Beef
- Ground Turkey
- Chicken Breast/Rotisserie
- Chicken Sausage
- Sirloin/Flank Steak
- Tuna
- Salmon
- Shrimp
- Deli Turkey, Ham, Roast Beef
- Other _____

GRAINS

- Pasta
- Rice
- Oatmeal
- Granola
- Whole Grain Cereal w/ Fiber
- Whole Grain Bread
- Tortillas
- Other _____

HEALTHY FATS

- Avocados/Guacamole
- Olive Oil or Canola Oil
- Olives
- Almonds
- Pecans
- Pistachios
- Cashews
- Nut Butter
- Other _____

MISCELLANEOUS

- Spices
- Beans
- Honey
- Coffee/Tea
- Other _____

