

TIME TO TAKE THE

# VIRTUAL GROCERY SHOPPING TOUR

and fool proof your next trip to the market.

LIVE  
YOUR  
PASSION



# Are you ready to EMPOWER yourself & come home with ONLY good choices?

There are several 'staying accountable' hacks we can use to stay on track with nutrition & to keep the junk from ending up in our cupboards.

If you are ready to fool proof the market follow these steps and leave the junk at the store:

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Plan ahead - write out a weekly food menu and build your grocery list based off of those foods.

Take your grocery list WITH YOU. Just to make sure that you don't forget it at home, or in the car. Take a picture of it when you are done with it, just in case you need a back up.

Eat before you shop! DO NOT go to the grocery store hungry! That is ALWAYS a recipe for disaster. If you need to stop and have a snack before you go.

Stay on the outside of the store. Heading into the middle isles can be tempting but unless there is something ON YOUR LIST on those isles stay out. Wandering the isles are an easy way to face BIG temptations!

Don't deviate from the Grocery List. If it is not on your list, leave it. Chances are that you don't need it.

Avoid the end isles, your favorite junk food isles and the check out goodies. The best way to say no to these 'last minute' goodies is to avoid them all together. When you are at the check out, take time to review your cart and the HEALTHY, clean choices you've made. This is your bodies FUEL for the week.

IF you have food items that are not approved for you but in the cart and house for other members of the family then dedicate a cupboard to them. Don't mix your healthy food in this place. This will be the "not for you" cabinet - forget it is there.

Schedule in a cheat MEAL. If you plan to take a cheat, or are known for falling off of the wagon, be sure to SCHEDULE in a cheat meal. Plan it out, think about it, and when it comes, ENJOY IT. Stay present while eating, and think about the smell, taste, texture, and pleasure of the food.

Take one day a week to try a new recipe. Cooking and eating the same old thing can get boring and derail you. Try spicing it up with a new meal.

Keep the distractions away. When you sit down with a meal be sure to eat intentionally and stay present. In such a fast paced world it is easy to get lost in social scroll, a movie or catching up on emails. In order to connect with your food STOP what you are doing - focus on eating, how it makes you feel, what you like about it and the energy it gives you.

# organic vs non organic

When it comes to buying organic vs non organic there are many things to be considered. One of the biggest consideration is your food budget. If you have a tighter budget, and need to spread it further then buying most non organic food is the best choice - especially when it comes to fruits and veggies. There are also a few ways to decide which food choices are better to go organic and which are better non organic choices.

Follow the guidelines below.

## Clean 15

sweet corn  
pineapples  
avocados  
asparagus  
papayas  
onions  
cabbage  
sweat peas  
mangos  
eggplant  
kiwi  
honeydew  
grapefruit  
cantaloupe  
cauliflower

## DIRTY DOZEN

potatoes  
grapes  
celery  
sweet bell peppers  
cherries  
peaches  
pears  
apples  
spinach  
strawberries  
nectarines  
tomatoes

# the best foods for FUEL

It is no surprise that not all food is created equal. In order to feel your best, gain energy, and reach your weight loss goals focus on these foods to make up the bulk of your diet:

berries	nut butter
leafy greens	yogurt
fresh vegetables	fresh eggs
almonds	lentils
grass fed beef	olives
sweet potatoes	sweet potatoes
olive oil	wild salmon
coconut oil	wild game meat
fruit	turkey
avocados	fresh herbs
natural chicken	cashews

## buying whole wheat vs GF?

There is a lot of controversy over buying gluten free options if you DON'T have a specific gluten intolerance or allergy. SO should you cut out gluten and focus on whole wheat?

Having one right answer for this area is tough, but my recommendation, try it. If you suffer from constant brain fog, headaches, feeling sluggish or lethargy after consuming foods with gluten try a 45 day experiment, and cut it out.

## be sure to celebrate!

Following this outline and making healthy choices is a BIG DEAL, be sure to take time to reflect on this and give credit where credit is due!

You are on a mission to make the right choices - the ones that lead to YOUR SUCCESS.

Implement as many of these grocery store hacks as you can.

Limiting your exposure, especially at home, to tempting junk foods, is one solid way of eating clean, and staying the course!

BE SURE to mark every day of SUCCESS on your PROGRESS CALENDAR! Seeing is believing, show yourself what you are made of!

*Your success is  
happening one choice  
at a time!*