



**(DELICIOUS)**  
**HEALTHY EATING**  
**MADE EASY**

## SHOPPING TIPS:

- Read the ingredients, not just the nutrition label
- The fewer ingredients, the better (aim for less than 5)
- Buy ingredients without nutrition labels (fruits & veggies)
- Go with a plan
- You may need to go to more than one store & that is okay!
- Spend the most time in the perimeters
- Don't be scared of raw or frozen
- Darker fruits & veggies are your best friend!

## HIDDEN SUGAR:

- Barley malt
- Cane juice
- Cane sugar
- Caramel
- Corn syrup
- Dextrose
- Ethyl maltol
- Fructose
- Fruit juice concentrate
- Glucose
- Lactose
- Malt
- Maltodextrin
- Mannitol
- Molasses
- Muscovado
- Panocha
- Rice syrup
- Sucrose
- Treacle

## BASIC WEEKLY SHOPPING LIST:

- 3-4 Snack Veggies (Carrots, Snap peas, Peppers, Broccoli)
- 3-4 Fruits (Bananas, Berries, Cucumber, Apples)
- Eggs
- Non-Dairy Milk
- 2 Greens for Salads (Mixed, Kale, Spinach & Arugula)
- 3 Side Veggies (Asparagus, Broccoli, Green Beans)
- 4-6 Avocados
- 6-8 Sweet Potatoes
- 1 Large Sweet Onion
- 3 Lemons
- 1 Fresh Fish
- 2 Meats (Chicken & Beef)
- Vegetarian Option: Tofu, Eggplant, Mushrooms
- Quinoa and/or Brown Rice
- Hummus or your favorite dip
- Nut Butter (only)
- Nuts (Chopped Pecans, Pistachios, Slivered Almonds)
- Veggie and/or Meat Broth
- Fresh Grain (Bread, Pasta) - can substitute with GF Bread or noodles (check out a local bakery!)