

Print and Go Shopping List

Protein	Veggies	Carbs/Fruits	Fats	Others

- Remember these grocery shopping tips**
- 1) Shop the perimeter of the store (avoid the aisle when possible)
 - 2) Focus on buying foods that are 5 ingredients or less
 - 3) Buy organic when possible, focus on the dirty dozen
 - 4) Plan meals before going to the grocery store
 - 5) Don't shop when hungry