



Grocery Store Shopping Guide

Shopping for groceries can oftentimes feel overwhelming, especially if you are shopping without a list or plan. We may forget staple food items or purchase items that we already have, which can lead to overspending and increased food waste.

Follow this fool-proof guide to follow next time you go grocery shopping to reduce shopping time and ensure balanced and delicious meals to last you all week!

Vegetables

Aim to pick up 4 vegetables every week. (Try to include at least 2 green leafy vegetables). Some examples include spinach, cucumbers, asparagus, carrots, tomatoes, broccoli, Brussels sprouts, bell peppers, and green beans. Vegetables are packed with beneficial antioxidants and can be easily added to any meal.

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Carbohydrates

Add 3 carbohydrate sources to your cart. Carbohydrates fuel our brains and bodies with energy. Aim to choose whole grain carbohydrate food items to provide extra fiber, vitamins and minerals. Some examples include brown rice, whole or sprouted grain breads, bagels, wraps, quinoa, and whole wheat pastas.

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Fun Foods

Pick up at least 2 fun foods to have throughout the week. This could be your favorite dessert or snack. It is important to understand that all foods fit in a balanced diet!

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Protein

Try to buy 3 protein sources each week. Chicken, tuna, salmon, eggs, and shrimp are great options to pick up to supply meals throughout the week. Vegetarian protein sources include beans, nuts, lentils, tofu, hummus, bean pastas, and yogurt. Protein is important for maintaining muscle mass, promoting satiety, and controlling blood sugar. For a balanced diet, aim to include one serving of protein with each meal.

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Fruit

Aim to buy 3 fruits to have throughout the week. Fruit is a great source of fiber, vitamins, and minerals that can easily be added to our meals or eaten as a snack. Berries are packed with antioxidants that help fight cell damage. Bananas are easy to take as a snack or throw in a smoothie. Fruits that can be bought in bulk such as apples or clementines are also great to take on the go!

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