



2024 Smart *Healthy* Shopper Guide



In this guide:

Meal planning and recipe ideas and links

Grocery shopping tips and tricks

Food for thought: Simple ways to get healthier with nutrition

Printable Quick Reference Pocketbook Guide

2024 Smart *Healthy* Shopper Guide

Tips & Tricks for Preparing a Meal Plan and Shopping List

Meal Planning

Instead of scripted daily meal plans which can be challenging to stick to pick three to four recipes that can be doubled or tripled for dinners and lunches as well as extra to store in the freezer for days when you need a quick healthy meal and don't have time to cook. Add simple high protein breakfast items and staples for snacks like hummus and cut veggies, raw nuts or whole fruit.

- For dinner and lunches select recipes that can be easily modified by adding different meat and/or toppings to create meal variations.
- 'Eat the Rainbow' - add as many colorful foods as you can to your grocery list for a host of phytonutrients and polyphenols that help our health in numerous ways.
- Consider adding spices and herbs to as many meals as possible for added nutrients and variety.
- Short on time? Buy pre-cut, chopped or prepped vegetables to reduce meal prep time.

TIP

- ⇒ Vegetable crockpot soups are a great base that can be easily modified by adding chicken, turkey, pork, beef, tofu, etc., as well as cheese and a variety of other toppings to create several variations. This is a great item to double or triple batch and freeze half for future meals.
- ⇒ Tacos can be a taco bar for one meal, taco salad for another.
- ⇒ Buddha bowl ingredients are easy to vary—prep items you love, create different combinations for dinners and lunches.



TIP

- ⇒ Crock pots/slow cookers are an easy and efficient way to create tasty healthy meals.
- ⇒ One-sheet/pan meals like roasted veggies and meat are also an easy way to make quick and delicious meals.

Recipe Ideas

- Check out my Pinterest Board for some clean eating bomb recipes (I'm constantly updating this so make sure to follow to stay informed of new pins!):
<https://www.pinterest.com/wholebodyhealingwithlaura/>.
- Suggested cookbook for simple, yummy meals: [Anti-Inflammatory Diet Slow Cooker Cookbook by Madeline Given](#).



Why a shopping list? Shopping lists help keep our budget on point and keep us focused on planned healthy items reducing the risk of grabbing unhealthy products. Keep a notepad on your kitchen counter to jot items down during the week and formalize into a clean, organized list before heading to the store.

TIP

To minimize shopping time, organize list according to the layout of the store.

2024 Smart *Healthy* Shopper Guide

Grocery Shopping

- Shopping organic is ideal but doesn't work for all budgets. Check out the [Environmental Working Group](#) who publishes a *Dirty Dozen*, *Clean Fifteen* list every year that highlights the top conventionally grown crops to avoid as well as those that are safe to buy. I use this to help me decide what produce to buy organic or conventionally grown.



- Buying locally grown produce is ideal for the most nutrient dense foods. Consider local farmer's markets to support farmers and for the freshest produce and great prices!
- Stock up during sales and shop store brand groceries (like Whole Foods 365 brand) for more affordable prices.

Always read labels!

- ⇒ Beware of Front-of-Package (FOP) graphics which can be misleading. Never assume a product is good simply based on graphics or buzz words. The FDA does not closely regulate FOP graphics and warning labels about food ingredients that may be harmful are voluntary. (<https://www.hsph.harvard.edu/nutritionsource/food-label-guide/>)
- ⇒ Read Ingredients first. While Nutrition Facts provide good information, there is a big difference between added refined sugar and naturally occurring sugar from fruit in the way it impacts our health. It's more important to know what ingredients are in the product.
- ⇒ Ingredients are listed in order of predominance of weight. This is relevant when looking at ingredients such as sugar. If it's one of the first few ingredients, it may be an item to pass on.
 - ⇒ Rule of thumb—if the Ingredient list is excessively long or you don't recognize most of the ingredients, it's probably not the best for your health. Clean product Ingredient lists are usually short and easy to read and identify ingredients.



2024 Smart *Healthy* Shopper Guide

Food for thought: Simple ways to get healthier with nutrition



- When evaluating your diet, think about foods you like and how to make them healthier by subbing out unhealthy ingredients for healthy ingredients. For example, instead of vegetable or canola oil, try adding cold pressed extra virgin olive oil, avocado oil or coconut oil.

⇒ Creating a healthy meal plan doesn't mean you have to ditch the food you love. Instead, think of creative ways to make it healthier like adding more vegetables in addition to subbing out unhealthy ingredients for healthier ingredients.

Example of ingredient swaps

- Cauliflower rice for grain replacement
- Pure maple sugar, raw honey or coconut sugar for refined sugar
- Almond or coconut flour for enriched flour
- Spaghetti squash or zucchini noodles for pasta
- Sweet potatoes for potatoes
- Sea salt or Himalayan salt instead of table salt
- Dark chocolate instead of milk chocolate
- Hummus and veggies instead of chips and dip
- Raw nuts or dry roasted nuts instead of nuts roasted with unhealthy oils
- Mineral water, herb tea, herb-infused water instead of soda or sugar-loaded coffee beverages

TIP

Keep it simple—always!

Looking for a place to start? Here are three simple things to do immediately to improve your health:

- ⇒ Reduce or remove refined sugar
- ⇒ Remove highly processed seed oils
- ⇒ Cut out ultra processed foods and opt for minimally processed or whole foods



Print my Quick Reference Pocketbook Guide on the next page



2024 Smart *Healthy* Shopper Guide

Print, cut out and fold for your pocketbook.

Be Healthy–Skip It	QUICK REFERENCE GUIDE	Be Healthy–Do It	QUICK REFERENCE GUIDE
Oils: vegetable, canola, soy-bean, corn, peanut, safflower, sunflower, grapeseed and rice bran oil.		Eat good fats & oils: grass-fed butter, coconut, avocado & cold-pressed olive oil.	
Sugar: corn syrup, maltodextrin, maltose, dextrose, high fructose corn syrup/fructose, sucralose, barley malt, brown sugar, rice syrup, crystalline, glucose, granulated sugar, malt syrup, sorbitol, molasses, agave syrup, fruit juice, cane juice.		Move your body everyday.	
Natural flavors (which can contain artificial and synthetic chemicals) as well as artificial flavors.		Prioritize quality sleep.	
www.wholebodyhealingwithlaura.com		Work to manage/reduce stress.	
		Hydrate with clean water.	
		Eat green leafy vegetables.	
		Eat grass-fed organic meat.	
		Limit sugar.	
		Connect with nature.	
		Get some daily sun exposure.	
		www.wholebodyhealingwithlaura.com	

*This list is not all inclusive and is intended as a quick reference guide.