

1 WEEK OF GROCERIES



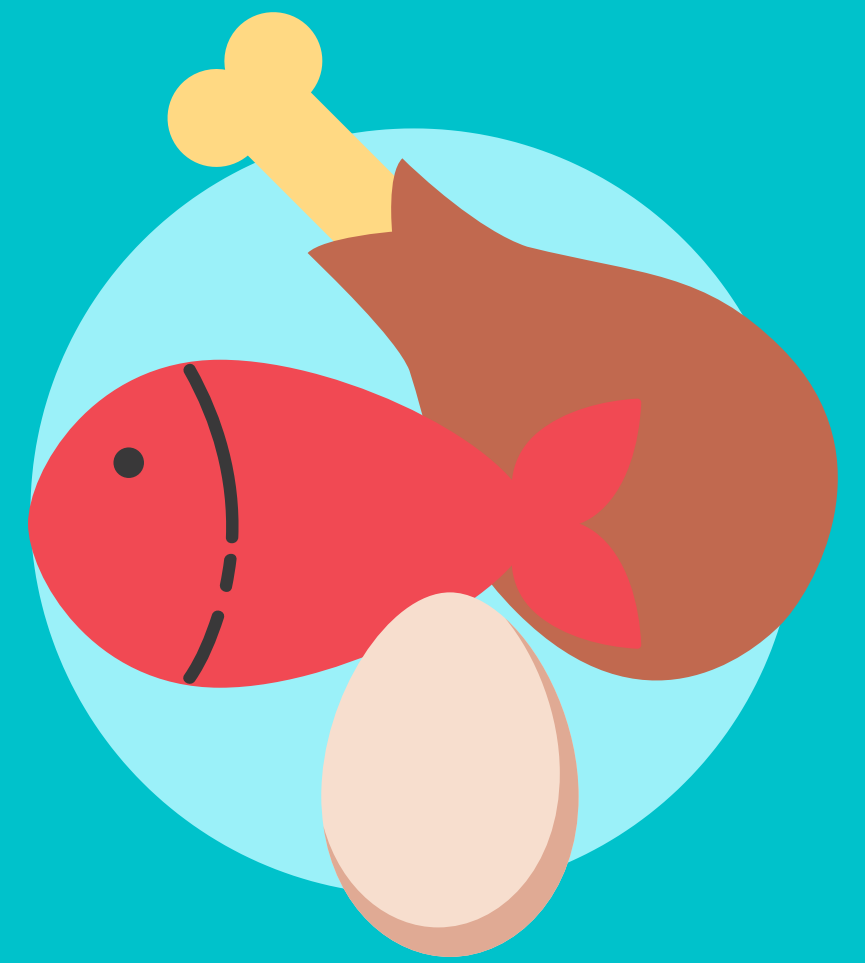
PICK FRESH & FROZEN

Ideally lunch and dinner will include half a plate of vegetables. Pick 5+ types of vegetables and 2+ different fruits when shopping. Buy frozen produce which tend to have shorter shelf life. Ex. long green beans, spinach, avocado, and berries.



BREADS/BUNS

Bread/buns/bagels freeze well and should be eaten within 30 days. Take out a slice when you are hungry, toast, and enjoy.



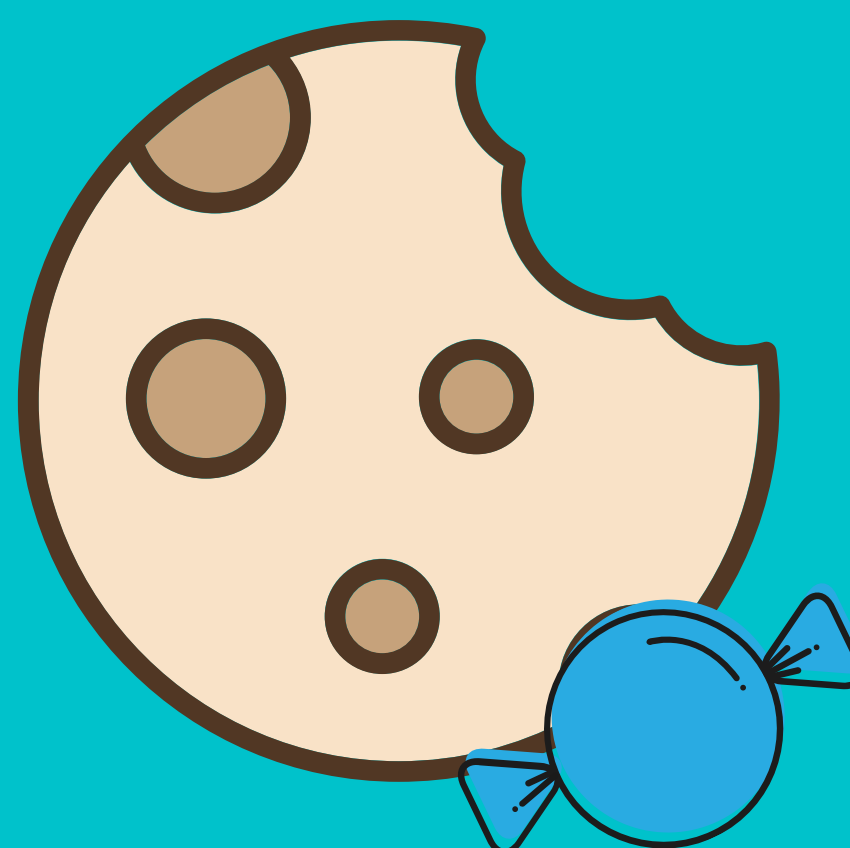
PROTEIN

To foster variety, try to include 2-5 different types of protein in the week. It can include fresh or frozen cuts of meat and fish, tofu, dried/canned pulses and legumes, eggs, and dairy products.



LESS-PERISHABLE ITEMS

Include nourishing options which are less-perishable such as legumes, nut butters, whole grain pastas, quinoa, oatmeal, canned fish, and canned vegetables.



TREATS

Food is fuel, and so much more! Experiment with mindful eating: how yummy does every bite of this treat taste? include a favorite treat with your regular shopping!



AVOID STOCKPILING

More is not better. Only buy what you need! With some thoughtful planning, your grocery list should ensure you and your family are well fed!

