



ABB Successful Grocery Shopping

Grocery shopping can be challenging for those who want to break the cycle of the SAD (Standard American Diet) and begin the process of implementing healthy food preparation and food choices. It takes some discipline to go into a grocery store and not pick up the old favorites; give yourself some time and space to adapt to this new behavior you desire to implement into your life. Shopping is an art and as such needs to be practiced and refined. The more you practice this technique, it will become a healthy habit and it will be an automatic behavior.

The secret to a successful shopping trip is first, to have a list. DO NOT attempt a shopping expedition without one.

Step 1: Plan your meals for the week, set aside the recipes you want to prepare and make your list according to that plan.

Step 2: once you reach the store, grab your cart and shop the U (the perimeter)

- Start with the perishables, fresh fruits and veggies,
- Next hit the meat market, eggs and dairy (if you do dairy☺),
- Next is the frozen section for other vegetables and fruits that you can use to make soups and smoothies.

Once you have your cart full with the healthy and fresh live foods, then look to the remainder of your list and hit the aisle:

- Seasonings, oils, nuts, seeds, organic canned or dried beans, olives, and any other foods sold in packages that have 5 or less ingredients with natural preservatives like sea salt or celery powder.
- Do not take a detour and begin “shopping” around
- Go straight to the item you need and avoid looking at other items that are not on your list. This not only helps you avoid picking up some old favorites, it is also friendly on the budget!

Go straight to the checkout line as soon as you have picked up all on your list.

Action Steps for HAPPY successful shopping:

- **H**andpick healthy foods.
- **A**void detours and temptations.
- **P**lan your meals.
- **P**repare a grocery list.
- **Y**ield to traffic headed to the cookies and go straight to the checkout line.