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GROCERY SHOPPING GUIDE

Did you fill out your meal plan guide yet?

Will you be going out to eat this week?

How many days will you need to prep for?

Don't forget your re-usable grocery bags!

Before you shop

- Before leaving home, **take a look at the week ahead**, what meals do you need to shop for?
- **Make a meal plan**, even a rough idea of what you need
- **Take a peek in the pantry, fridge and freezer** so you don't buy duplicates (unless there's a great sale and can be stored!)
- **Make a list**, always! I use the 'notes' app on my phone, and delete as the item goes in the basket.
- **Don't forget** everyday staples, like butter, eggs, onions and garlic (lifes essentials in my book!)
- **Organize your list** according to the store layout. For example...
- **Shop the perimeter of the store** (it's where all of your essentials are!) Produce, meats, fish, dairy are all on the perimeter, because of refrigeration needs aka these foods rot and are not shelf stable!
- **Try to shop first thing** Sunday morning. It's less crowded (yes, even on weekends) and the shelves are fully stocked.
- **Assume you will need** to head to the store at least one more time during the week it's just a reality, may as well just put that on the table!
- And, not to state the obvious but **don't go hungry!**

and...there's more!



Label ingredients to look for and avoid whenever possible.

Check those labels!

Baked goods 'YES' guidelines:

- 100% whole wheat flour
- Less than 5 ingredient on the label, all that you can pronounce and also purchase at the store

Bakery brands to look for:

Ezekiel
Angelic Bakehouse
Whole Foods
Rudi's:

Baked goods 'no' guidelines

- 'Enriched' products or product ingredients
- Potassium bromate
- Bromate
- 'Stone ground' it's an unregulated term and fairly meaningless
- Soy and soy lecithin
- Dough conditioners, stabilizers, preservatives
- GMO or genetically altered
- High-fructose corn syrup
- Added sugars
- Low sugar (means it has sugar substitute added)
- Trans fats
- Don't be fooled by 'wheat flour' all flour is wheat, you want to look for 'whole wheat flour' that's the key

Bakery brands to avoid:

Sara Lee
Pepperidge Farm
Natures Own
Arnold
Some Trader Joe's (read ingredient list for any ingredients listed above)

Have you planned for lunches? Be sure you have all your favorite ingredients for some yummy salads.

Meat qualities to look for:

- Source of the meat
- Meat should be deep red with white fat and bones
- Ask your butcher to grind your hamburger (from one or two pieces of meat of your preference)
- Shop for fish that is in season, shop directly at the fish department and get to know your fish monger and butcher!

Meats to avoid:

- No- nitrates or nitrites (many bacons and sausage, most deli meats too)
- No GMO or genetically altered
- No added sugar

Fresh fish qualities to look for:

(quoted from www.foodnetwork.com)

Unless you live near the ocean or another large body of water, you are probably buying seafood that has previously been frozen. **And that's OK:** Most commercial boats flash-freeze their catch on board soon after it's caught, to preserve the fish's texture and flavor. Try to use the fish the day you buy it, or the next day at the latest. Avoid refreezing fish, as it can turn mushy when you defrost it.

- For fillets, look for bright, firm flesh without gaping.
- Fresh fish from the ocean should have a slight salty scent, like a day at the beach.
- Lake fish should not have much of a smell at all.
- Whole fish should have clear and slightly bulging eyes (and hazy, sunken eyes are a sign the fish is not so fresh). The skin should be shiny, with tightly bound scales that cause the flesh to bounce back when poked. Check that the gills are bright red and not brown.
- For shrimp a lightly salty smell is a good sign; the scent of ammonia or bleach means they're past their prime.
- Look for packages marked **IQF**, which means each shrimp was individually quick-frozen.