



# January Meal Guide

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<u>Creamy Chia Seed Pudding</u>  Pro-tip: meal prep on Sunday night	2-3 eggs, <u>Teton sausage</u> , berries	Leftover chia seed pudding	<u>Lemon Blueberry Yogurt Bowl</u>	<u>Overnight Oats</u>
LUNCH	<u>Chicken Lettuce Wraps</u>	Leftover fajita bowl with a side salad	<u>Roasted Chicken &amp; Delicata Squash Salad</u>	<u>Whole30 Sweet &amp; Savory Sweet Potato Toast</u>	Leftover chicken soup
DINNER	<u>Fajita Bowl</u>	<u>Chili Chicken Burger Bowl</u>	<u>Miso Glazed Cod with Bok Choy</u>	<u>Chicken Soup</u>	Mindfully enjoy a meal out to take a break from the kitchen! *Remember the key components of building a <u>balanced plate</u>
SNACK	<u>Perfect Bars</u>	Apple + 1-2 tbsp almond butter	¼ cup of raw nuts	Leftover perfect bars	<u>Good Culture cottage cheese</u>
NOTES	*If vegetarian or vegan sub animal protein with a plant based source of protein like beans (lentils, chickpeas, black beans, etc), tofu, or quinoa.				

# Smart Grocery Shopping Tips

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## 1. Plan Ahead

Before heading to the store, create a detailed shopping list based on your needs. Check your pantry and fridge first to avoid buying duplicates or unnecessary items. Review your recipes and adjust serving sizes as needed to match your personal preferences and dietary goals.

## 2. Organize Your List

Structure your shopping list according to your grocery store's layout. This will save time and make it easier to grab what you need efficiently.

## What to Look for When Shopping

- **Animal Proteins:** Opt for **grass-fed, grass-finished, organic, and hormone-free** meats. These options provide higher levels of omega-3s and antioxidants while reducing exposure to harmful chemicals. We recommend Force of Nature, which prioritizes regenerative farming and superior nutrition.
- **Poultry:** Choose **organic and antibiotic-free** poultry to minimize exposure to harmful substances and lower the risk of antibiotic resistance.
- **Eggs:** Look for **organic, pasture-raised** eggs, which are richer in vitamins and omega-3s.
- **Fish & Seafood:** Select **wild-caught and ethically sourced** seafood for better omega-3 content and fewer contaminants. Brands like Vital Choice support sustainable fishing practices while offering high-quality products.
- **Fruits & Vegetables:** Whenever possible, choose **organic** produce. Prioritize organic for items on the EWG's "Dirty Dozen" list, which tend to have higher pesticide levels, while non-organic options from the "Clean Fifteen" list are generally safer. **Frozen organic** produce is also a great, nutrient-rich alternative.

## Shop Our Favorites

Explore our [Amazon Storefront](#) for pantry staples and non-toxic kitchen essentials we love!

