

LEARN SMART SHOPPING STRATEGIES THAT SUPPORT LASTING HEALTH.

This planner, combined with your dietary goals, supports weight loss, can reduce inflammation, and guides you in making cost-effective, nutrient-dense choices that promote overall health.



Pantry & Fridge Check

Take 10–15 minutes to look through your pantry and fridge. Write down:

- What staples you already have (e.g., canned beans, oats, yogurt).
- One or two nutrient-dense ingredients you could add this week (like leafy greens, plain Greek yogurt, or a new type of bean).



Shopping List & Tips

Before your next grocery trip, build your list using the aisle method:

- Organize by produce, grains, canned goods, dairy, and frozen items.
- Buy seasonal produce (e.g., squash in fall).
- Include at least one budget-friendly swap you'd like to try (e.g., popcorn kernels + spices instead of packaged snacks).

Ingredient Swaps

Focusing on specific nutrients, like protein and fiber, can help regulate appetite and support weight loss.

FIBER	• Whole grains like brown rice, oats, whole wheat breads and cereals, corn tortillas • Mixed Vegetables and/or fruits • Fermented foods like sauerkraut and kimchi
PROTEIN	• Canned Beans* • Nuts/Seeds* • Plain Greek Yogurt

* These are also sources of fiber

WEEKLY REFLECTION

Share with your health coach!

What went well; what needs adjustment?