

## Basic Affordable Healthy Grocery Shopping in 30 Minutes

Shopping for whole, natural foods is less expensive, easier and much faster in the grocery store than dealing with a bunch of processed foods. Shop the perimeter of the store and go in with a list. **Limit the processed foods.**

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| <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>• Grapefruit</li> <li>• Grapes</li> <li>• Plumbs</li> <li>• Mango</li> <li>• Apples</li> <li>• Pineapple</li> <li>• Blackberries</li> <li>• Blueberries</li> <li>• "In Season" fruit specialty items</li> </ul> <p><b>Veggies</b></p> <ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Box of Mixed Greens</li> <li>• Box of Baby Spinach</li> <li>• Romaine Lettuce</li> <li>• Multi Colored Peppers</li> <li>• Green Beans</li> <li>• Broccoli</li> <li>• Cauliflower</li> <li>• Onion</li> <li>• Sweet Potatoes</li> <li>• Tomatoes</li> <li>• Cucumber</li> <li>• Mushrooms</li> <li>• Fresh Garlic</li> </ul> | <p><b>Meats (Organic)</b></p> <ul style="list-style-type: none"> <li>• Whole Chicken</li> <li>• 90/10 Ground Beef</li> <li>• Beef Roast</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>• Eggs</li> <li>• Goat's milk cheese</li> <li>• Almond Milk</li> <li>• Olive Oil</li> <li>• Roasted Red Pepper Hummus</li> <li>• Pistachios</li> <li>• Raw Almonds</li> <li>• Roasted &amp; Sea Salt Cashews</li> <li>• Natural Peanut Butter</li> <li>• Raw Cacao Powder (Chocolate Powder)</li> <li>• Gluten Free Pasta</li> <li>• Organic Spaghetti Sauce</li> </ul> <p><b>Frozen</b></p> <ul style="list-style-type: none"> <li>• Blueberries</li> <li>• Raspberries</li> <li>• Cherries</li> <li>• Mango</li> </ul> |
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