



Healthy**Body**Healthy**Life**
with *Melissa Koerner*

Grocery Shopping List



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HealthyBodyHealthyLife.com

Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.

Tips for Success

- Choose one day each week to go grocery shopping. I like to go on Fridays so I have fresh food to prep foods over the weekend for the rest of the week.
- Before you make your grocery list, choose four to five “go-to” meals to rotate each week over the course of 30 days to simplify meal planning. See the Sample Meal Plan & Recipes to get some ideas and use your “Meal Planner” on pages 25 and 26 to organize your weekly meals.
- Always make a grocery list before you go to the store – when you shop without a list, you’ll buy more food than you need.
- Make sure your shopping list has *only* the foods you need for your planned meals.
- Keep your grocery list in the kitchen and write down foods as you need to replace them.
- Use the blank Grocery Shopping List below to plan which foods you need for the week.
- Always shop on full stomach – If you’re hungry you’ll end up buying junk foods and buying too much food. If you don’t have an opportunity to eat a meal before shopping, have a balanced snack right beforehand.



Grocery Shopping List

Fruits & Vegetables (“Carbs”)

Proteins & Fats (Meats, Eggs, Nuts & Seeds)

Spices & Other Items

Notes: