



Are you tired of wandering aimlessly through the grocery store, unsure of what to buy and feeling overwhelmed by all the options? Do you find yourself gravitating towards the processed foods aisle out of habit, rather than intentionally choosing wholesome, nourishing ingredients? Fear not, dear reader, for I have the solution to your grocery shopping woes!

Introducing **Healthy, Whole and Well-Fed** – my guide to grocery shopping for whole foods, packed with simple yet delicious recipes to help you eat more protein, vegetables, and fruits. Whether you're a busy professional, a parent on-the-go, or just looking to improve your health, this guide will equip you with the tools and knowledge you need to make informed choices at the grocery store and create satisfying, nutrient-dense meals at home.

Say goodbye to boring salads and tasteless steamed vegetables, and hello to flavor-packed dishes like grilled chicken with roasted sweet potatoes and green beans, or a colorful quinoa and veggie bowl with a zesty dressing. With this guide, you'll learn how to choose the best quality produce, proteins, and healthy fats, and how to prepare them in a way that will leave your taste buds singing.

So come along with me on this journey towards whole food nourishment and vibrant health. Let's dive in and transform the way you shop, cook, and eat!



HEALTHY, WHOLE, AND WELL-FED

Let's Go Shopping!



Here's a grocery shopping guide that will teach you how to shop for protein, vegetables, fruit, whole grains, and healthy fats. They are listed in order of importance in your diet and by how much quantity you should have in your diet.

Protein

Protein is an essential nutrient that helps build and repair tissues in your body. Here are some tips on how to shop for protein:

- Choose lean meats such as skinless chicken, turkey, fish, and lean beef. Look for cuts that are labeled "round," "loin," or "sirloin" for beef, and "loin" or "filet" for fish.
- Consider plant-based sources of protein such as beans, lentils, tofu, and tempeh. These are often cheaper and lower in saturated fat than meat.
- Eggs are also a good source of protein. Look for organic, free-range eggs if possible. To add more protein to your morning eggs and other dishes, buy liquid egg whites along with your eggs.
- Dairy is a dense and low calorie protein option. From Greek yogurt to cottage cheese use it for smoothies, salads, sauces or as a stand alone meal.

Fruit

Fruit is another great source of vitamins, minerals, and fiber. Here's how to shop for fruit:

- Like vegetables, choose a variety of colors to ensure you're getting a range of nutrients. Examples include berries, citrus fruits, melons, and apples.
- Frozen fruit for smoothies or baking. They're just as nutritious as fresh and can be a convenient option for busy weeks.
- Don't forget about canned fruit! Just make sure to choose varieties that are canned in their own juice or water, rather than syrup.

Grain

Whole grains are an important source of fiber and can help you feel fuller for longer. Here's how to shop for whole grains:

- Choose bread, pasta, and rice that are made from 100% whole grains. Look for labels that say "whole grain" or "100% whole wheat."
- Try alternate sources of pasta made from cauliflower, zucchini and squash.
- Consider trying new grains like quinoa, barley, or farro for variety. These can be cooked like rice and used in salads, soups, or as a side dish.
- Look for whole grain snacks like popcorn, whole grain crackers, or granola bars to keep on hand for when you need a quick snack.

Vegetables

Vegetables are a great source of vitamins, minerals, and fiber. Here's how to shop for vegetables:

- Choose a variety of colors to ensure you're getting a range of nutrients. Examples include leafy greens, red and yellow peppers, carrots, and broccoli.
- Frozen vegetables are great to save money and have them on demand. They're just as nutritious as fresh and sometimes are the only way to get organic options.
- Don't forget about canned vegetables! These are often cheaper than fresh and can be a good option for long-term storage.



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Healthy Fats

Healthy fats, such as those found in nuts, seeds, and oils, are important for brain function and reducing inflammation. Here's how to shop for healthy fats:

- Choose nuts and seeds like almonds, walnuts, chia seeds, and flax seeds. These can be eaten on their own or added to oatmeal, yogurt, or smoothies.
- Look for oils like olive oil, avocado oil, or coconut oil. These can be used for cooking or as a dressing for salads.
- Consider buying canned fish like salmon or sardines, which are a good source of omega-3 fatty acids.

When shopping for protein, vegetables, fruit, whole grains, and healthy fats, it's important to choose a variety of colors and types to ensure you're getting a range of nutrients. Don't be afraid to try new things and experiment with different recipes to keep things interesting!

In order of importance in your diet and how much you should eat, follow this order:

- Protein
- Veggies
- Fruit
- Grains
- Fat

Let's Eat



Here's a high-protein healthy 5-day meal plan with simple recipes:

Day 1:

Breakfast: Greek Yogurt Parfait

- 1 cup of plain Greek yogurt (can add a scoop of whey protein for flavor and more protein)
- 1/2 cup of mixed berries
- 1/4 cup of chopped nuts

Snack: Hard-boiled eggs (2)

Lunch: Grilled Chicken Salad

- 4-6 oz of grilled chicken breast
- 2 cups of mixed greens
- 1/2 cup of cherry tomatoes
- 1/4 cup of sliced cucumbers
- 1/4 cup of crumbled feta cheese
- 2 tbsp of balsamic vinaigrette

Snack: Apple slices with almond butter (1 tbsp)

Dinner: Baked Salmon with Quinoa and Roasted Vegetables

- 4 oz of baked salmon
- 1/2 cup of cooked quinoa
- 1 cup of roasted vegetables (such as broccoli, carrots, and bell peppers)

Day 2:

Breakfast: Spinach and Feta Omelette

- 1-2 eggs
- 1/2 cup of liquid egg whites
- 1 cup of spinach
- 1/4 cup of crumbled feta cheese
- Salt and pepper to taste

Snack: Cottage Cheese (1/2 cup) with sliced cucumber

Lunch: Turkey Lettuce Wraps

- 4-6 oz of ground turkey
- 4 large lettuce leaves
- 1/2 cup of chopped vegetables (such as bell peppers and onions)
- 1 tbsp of soy sauce
- 1 tbsp of rice vinegar

Snack: Protein smoothie made with Greek yogurt, protein powder, frozen berries, and almond milk

Dinner: Grilled Shrimp Skewers with Quinoa and Roasted Vegetables

- 4-6 oz of grilled shrimp
- 1/2 cup of cooked quinoa
- 1-2 cups of roasted vegetables (such as zucchini, squash, and onions)



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Day 3:

Breakfast: Scrambled Eggs with Spinach and Mushrooms

- 1-2 eggs
- ½ cup of liquid egg whites
- ½-1 cup of spinach
- 1/4 cup of sliced mushrooms
- Salt and pepper to taste

Snack: Mixed nuts (1/4 cup) and 1-2 oz of turkey jerky

Lunch: Tuna Salad Lettuce Wraps

- 4-6 oz of canned tuna
- 4 large lettuce leaves
- 1/4 cup of chopped celery
- 1/4 cup of chopped red onion
- 1 tbsp of lemon juice
- Salt and pepper to taste

Snack: Apple slices with peanut butter (1- 2 tbsp)

Dinner: Baked Chicken Thighs with Roasted Sweet Potatoes and Broccoli

- 4-6 oz of baked chicken thighs
- 1 medium sweet potato, cut into wedges and roasted
- 1 cup of roasted broccoli

Day 5:

Breakfast: Greek Yogurt Parfait

- 1 cup of plain Greek yogurt
- 1/2 cup of mixed berries
- 1/4 cup of chopped nuts
- 1 tbsp of honey

Snack: Hard-boiled eggs (2)

Lunch: Grilled Chicken Salad

- 4-6 oz of grilled chicken breast
- 2 cups of mixed greens
- 1/2 cup of cherry tomatoes
- 1/4 cup of sliced cucumbers
- 1/4 cup of crumbled feta cheese
- 2 tbsp of balsamic vinaigrette

Snack: Apple slices with almond butter (1-2 tbsp)

Dinner: Baked Salmon with Quinoa and Roasted Vegetables

- 4-6 oz of baked salmon
- 1/2 cup of cooked quinoa
- 1 cup of roasted vegetables (such as broccoli, carrots, and bell peppers)

Day 4:

Breakfast: Protein Smoothie with Spinach and Berries

- 1 cup of spinach
- ½-1 cup of Greek Yogurt
- 1/2 cup of frozen mixed berries
- 1 scoop of protein powder
- 1 cup of almond milk

Snack: Hard-boiled eggs (2)

Lunch: Chickpea Salad with Feta and Tomatoes

- 1 cup of chickpeas
- 1/4 cup of crumbled feta cheese
- 1/2 cup of cherry tomatoes
- 1/4 cup of chopped cucumber
- 1 tbsp of olive oil
- 1 tbsp of red wine vinegar
- Salt and pepper to taste

Snack: Carrot sticks with hummus (2 tbsp)

Dinner: Grilled Pork Chops with Roasted Brussels Sprouts and Quinoa

- 4-6 ounces of grilled pork chops
- ½ cup roasted brussels sprouts
- ½ cup cooked quinoa



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Let's Eat Fruits & Veggies! ←

Here are 10 tips and easy recipes for eating more fruits and vegetables:

1. **Start small.** Incorporate just one serving of fruit or vegetable into each meal and gradually increase from there.
2. **Keep fresh fruits and vegetables visible and accessible.** Place a bowl of fresh fruit on the counter or keep cut-up vegetables in the front of the fridge.
3. **Get creative with your recipes.** Experiment with different ways of cooking and preparing fruits and vegetables, such as roasting, grilling, or stir-frying.
4. **Include fruits and vegetables in snacks.** Grab an apple or banana for a quick and easy snack, or pair sliced veggies with hummus or guacamole.
5. **Make smoothies.** Blend together a handful of fruits and veggies with some yogurt or milk for a nutritious and delicious drink.
6. **Use fruits and vegetables as a topping.** Top your oatmeal or yogurt with sliced fruits, or add veggies to your sandwiches and wraps.
7. **Mix it up.** Try new fruits and vegetables to keep things interesting and add variety to your diet.
8. **Shop in season.** Fruits and vegetables that are in season are often more affordable and flavorful.
9. **Plan ahead.** Meal prep for the week and include plenty of fruits and vegetables in your meals and snacks.
10. **Don't be afraid to use frozen fruits and vegetables.** They're just as nutritious as fresh and can be a convenient option for busy weeks.

Easy Recipes:

Berry and Yogurt Parfait: Layer Greek yogurt, mixed berries, and granola in a jar for a delicious and easy breakfast or snack.

Roasted Vegetables: Toss your favorite veggies (such as broccoli, cauliflower, and sweet potato) in olive oil and seasonings and roast in the oven until tender and crispy.

Veggie and Hummus Wrap: Spread hummus on a whole wheat wrap and add sliced veggies like bell peppers, cucumbers, and carrots. Roll up and enjoy!

Grilled Fruit Skewers: Thread chunks of pineapple, peaches, and strawberries onto skewers and grill for a few minutes on each side until lightly charred.

Tomato and Cucumber Salad: Combine sliced tomatoes and cucumbers with fresh herbs, lemon juice, and olive oil for a refreshing and healthy side dish.

Stir-Fry Veggies: Heat some oil in a pan and add your favorite veggies (such as bell peppers, broccoli, and snap peas). Stir-fry until tender and serve over rice or quinoa.

Smoothie Bowl: Blend together frozen fruit, yogurt, and milk to create a thick and creamy smoothie. Top with granola, nuts, and fresh fruit for a satisfying breakfast or snack.

Apple and Peanut Butter Sandwiches: Slice apples into rounds and spread peanut butter on one side. Top with another apple slice to make a sandwich.

Caprese Salad: Layer slices of fresh mozzarella, tomatoes, and basil leaves. Drizzle with balsamic vinegar and olive oil.

Baked Sweet Potato Fries: Cut sweet potatoes into fry-shaped pieces and toss with olive oil and seasonings. Bake in the oven until crispy and enjoy!



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Thank you! ←

Thank you for reading my **Healthy, Whole, and Well-Fed guide!** I hope that it has provided you with valuable information and resources to help you achieve your health and wellness goals.

As a Nutrition Coach, I am dedicated to helping diet-exhausted moms and dads over 40 find the easiest, fastest, and most enjoyable solution to get the body they want. I know so many moms and dads like you, trying to navigate the confusing world of nutrition and make sustainable lifestyle changes that will lead to long-term health and vitality. If you found this guide helpful and are interested in taking your nutrition journey to the next level, I encourage you to schedule a time to talk about working together.

[Set up a call today!](#)

Together, we can create a personalized plan to address your nutrition, fitness and mental health that will help you achieve your goals and live your healthiest, happiest life.

Thank you for taking the first step towards a healthier you, and I look forward to hearing from you soon!