

## Sue's Grocery Shopping Tips to Help You Stay on Track

*Repeat after me:* **I Can't Eat What I Don't Buy.**

I literally repeat this to myself every time I am in the grocery store and am tempted by the sale item on the end cap or the colorful packaging of the seasonal treat. And we totally get that just because this theory is as simple as it gets, it doesn't mean it's always easy to implement.

We also believe that as long as we never give up trying to ensure our nutrition is complementing our pursuit of a healthy lifestyle, we are on the right track. That doesn't mean we are always going to *get* it right, but **we are always only one decision away from being back on track.**

Here are a few tips to remember to help us all stay the course.

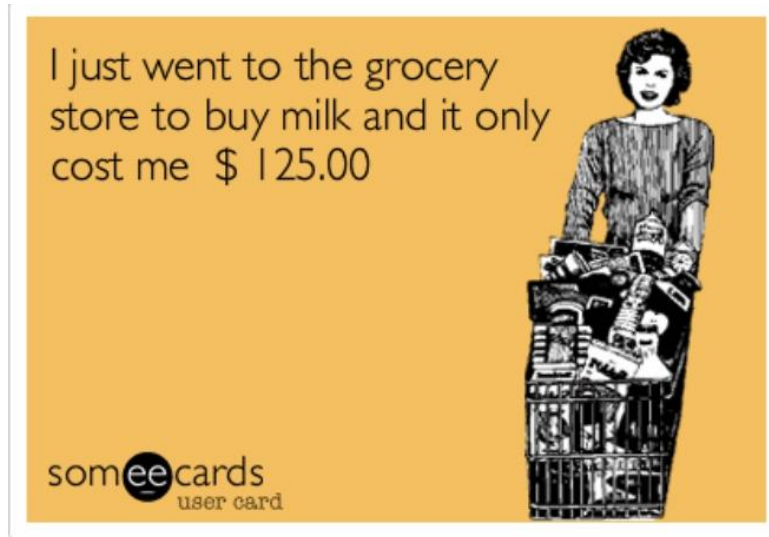
### Tip #1: Never, Like Ever, Shop on an Empty Stomach



True story: I've actually bee-lined to the dairy section to chug a small container of chocolate milk just to have something filling and healthy-ish in my body before I shop.

The trick is to have a plan. If you know when you are going to go grocery shopping and you know it is a time of day when you will be hungry, **pack a snack!** Or do what I did and make a snack your first purchase. Nothing prepackaged is ever our first choice, but the fresh fruit section is right by the front door of many grocery stores and is a great place to start as long as the snack you choose doesn't need to be weighed. ;)

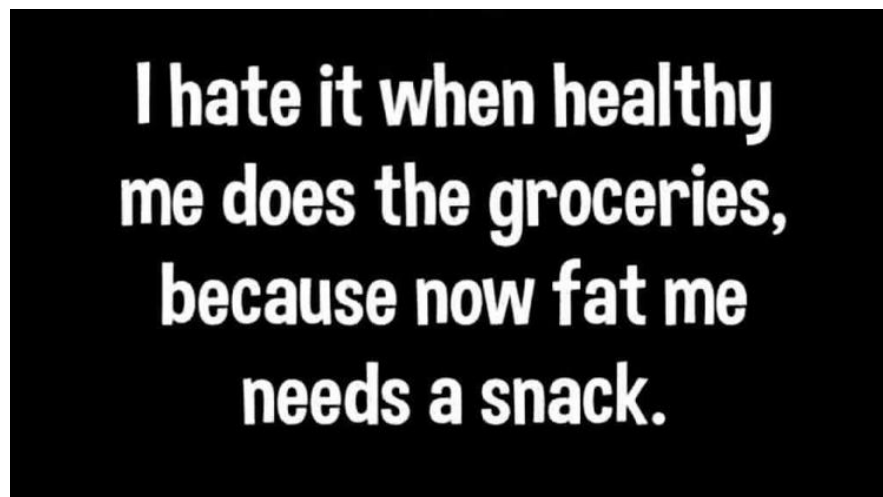
**Tip #2: Have a List and Stick to the List**



Commit to it; **be the person who has a list and sticks to the list.**

We have the best success when we shop for meals instead of food; we buy the ingredients we need along with our weekly staples, and that's it. Simple yet effective.

**Tip #3: Snack attacks happen. Be prepared for them.**



The first step here is to refer to Tip #1.

But, if you are a heavy snacker and the idea of not buying snacks at all is just not something you're prepared for, here are a few of our favorite healthy snack options:

- String cheese
- Plain Greek yogurt
- Nuts and seeds
- Grapes (taste great frozen!)
- Banana with peanut butter
- Shrimp cocktail rings
- Hummus with veggies (Hate cutting up veggies? Buy the pre-chopped/sliced bags, the added convenience is worth the extra cost if it is the difference in whether or not you eat the veggies.)
- Hard-boiled eggs
- Protein bars

Two items Karah has in her fridge at all times for the emergency/on the go fill up:

- [Fuel for Fire](#)
- [Perfect Bars](#)

**Prepackaged items are never our preference, but we are also making sure our habits and routines are sustainable and something we can commit to for the long haul.** Whatever you choose, check the ingredient label, and let us know if you have any questions so we can avoid a snaccident. :)

## Snaccident (*n*)

Eating an entire pizza /  
box of chocolates /  
container of ice-cream /  
family size bag of chips  
by mistake



**Tip #4: Shop online/choose grocery pickup.**

We live in the wonderful world of the electronic age, and it's a beautiful, beautiful thing. If you feel like the stress and visual temptations of all the less-than-healthy food items will derail you from your best intentions, then by all means, let the internet help you. You can order everything online and never step foot in the store. It's a win-win if you struggle with buying nutritious foods.

We hope these tips help you when you're shopping with healthy eating in mind!!  
Have any tips of your own that have worked really well for you?!? We'd love to hear them.