



Life Hacks for Healthier Meal Choices



Mindful Grocery Shopping

Don't worry - this Hack for Healthier Meal Choices will not have you meditating in the grocery store aisles! Rather, follow this simple **3 Step Process** to approach grocery shopping from a place of thoughtfulness, rather than chaos. Chaotic grocery shopping results from lack of planning.

3 Steps to Mindful Grocery Shopping

- 1. Plan your meals for the week ahead, including snacks.** If you are having a hard time getting motivated, **Pinterest** (<https://www.pinterest.com/>) is a wonderful app where you can search for healthy recipes, save the ones that appeal to you, and then browse through them before your weekly planning session to select those for the upcoming week.
- 2. Create your grocery list.** Once you have your meal plan, the next step is to go through your refrigerator, freezer and pantry to ensure that you have the necessary ingredients to prepare the items you have chosen. Often, the simplest things to overlook are the things you always have on hand - like seasoning (garlic salt), canned items (black beans) or ingredients like flour. To avoid running out of these necessities, keep a list on your refrigerator or use a home app that allows you to verbally add items to a list (Google has a shopping list feature that's super useful for this). As soon as you use a staple item up, add it to your list, on the spot!
- 3. Only buy what's on your list.**

Keep your pantry stocked with these 12 items to help you to make healthier cooking choices:

- Pasta Sauce
- Canned Tuna
- Canned Beans
- Peanut Butter
- Dry Pasta
- Nuts
- Broth
- Canned Tomatoes
- Canned Fruits
- Whole Grains
- Olive Oil
- Potatoes

Live 2 B Healthy® helps seniors stay active and independent well into their 90's and beyond! Contact us for more information about how your senior living community can participate in our programs.

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