

HIGH PERFORMANCE KITCHEN

Grocery Tips and Stocking your Kitchen for Success

Before you go:

- *Plan your meals/snacks for the week
- *Write out a grocery shopping list
- *Eat before leaving the house

General Guidelines:

- *Shop the periphery of the store
- *Fill your cart with mostly fruits, vegetables, whole grains, beans/legumes, seafood, poultry, lean meat, and dairy
- *Make sure your cart looks colorful

Produce:

Load up your cart with all fruits and vegetables. Romaine lettuce is the only veggie that doesn't contain several nutrients.

Choose a variety of colors

Take advantage of specials/seasonal produce

Frozen is fine—it's picked at peak season and flash frozen to retain nutrients

Canned is better than not-at-all—rinse with water first

Choose organic varieties of the following items, if possible:

Grapes

Strawberries

Cherries

Nectarines

Peaches

Apples

Pears

Peppers

Spinach

Celery

Lettuce

Potatoes

*These are the "Dirty Dozen" identified by *the Environmental Working Group* to contain the highest amount of pesticide residues. Eating non-organic fruits and veggies from the above list is better than avoiding them; just remember to wash everything. Eating non-organic fruits and veggies that are not listed in the "Dirty Dozen" is perfectly healthy.

Meat, Fish, Eggs Departments:

Compare ground turkey, beef, pork, and chicken for fat content

Choose leaner cuts (loin, round) to help increase anti-inflammatory foods

Choose organic-certified meats (USDA seal) if able

Words to look for: pasture-raised eggs, grass-fed beef, wild

Wild (not farm raised) varieties of fish contain more omega-3's

Look for wild varieties of fish on sale

Dairy Department:

* Try Greek yogurt to increase protein intake

*Choose organic varieties to avoid added hormones

*Choose real organic butter or combine real butter with flax oil or olive oil to make your own spreadable butter (To reduce inflammation, it is better to cook with plant oils instead of butter)

*Avoid yogurt and other spreadable butters

*Dairy should have only one ingredient listed. E.g., Milk = milk

Bakery Department:

It won't kill your performance to have pastries, croissants, and white bread, but don't forget to add in the powerful ancient grains often...

*Look at label for dietary fiber equal to at least 2 grams/slice

*First ingredient should be whole grain or whole wheat

*Look for breads without preservatives

*Dave's Killer Seed and Ezekiel are great brands

*Option to buy loaves with wheat from Skigit Valley Mill: Essential Baking Co, Grande Central Bakery, Macrina. These are PACKED with nutrients.

Deli Department:

*Look for nitrate/nitrite free varieties

*Roasted chickens or turkey breasts are great time savers

*Hummus and fresh guacamole make great veggie dippers

Center Isles:

*Look for raw nuts and seeds for homemade trail mix (add to chocolate, pretzels, dried fruit, seeds, etc).

* Increase fiber intake with whole grains and legumes; brown rice, wild rice, couscous, beans, lentils, quinoa, popcorn, barley, oats, whole wheat flour

*Choose dried fruits with no sulfites

*Use the same criteria for bread selection to choose cereals, tortillas, crackers,

*Choose items with a short ingredient list; be able to pronounce all items

- *Choose fruits canned in juice instead of syrup
- *Avoid hydrogenated/partially hydrogenated oils (trans fats) Adams, Costco, Trader Joe's PB is ideal
- *Avoid sugar substitutes as they are not beneficial for your GI tract which influences your overall health.

Frozen Foods:

- *Stock up on frozen vegetables for quick meals
- *Single-serving fish or chicken portions save time in the kitchen
- * Purchase fresh chicken breasts, cook the entire package, and freeze for quick, easy meals
- *Avoid frozen foods that have additives when possible
- *Avoid frozen dinners when possible; they are convenient, but contain preservatives which aren't great for your immune system in abundance.

Refrigerator and Pantry Essentials to keep Stocked

Pasta
Canned tomato sauce
Brown rice
Oats
Canned beans
Olive oil
Vinegar (balsamic, white wine, etc)
Salt
Pepper
Siracha
Salsa
Peanut butter
Nuts/Seeds
Onion
Lemon
Avocado
Tomatoes
Fresh herbs
Frozen veggies and fruit
Frozen chicken
Eggs
Milk

Don't forget other essentials like ice cream, cookies, and ingredients for baking, or you will go berserk and no one has time for that! 😊
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