



# SHOP HEALTHY LIKE A PRO

## *Your Quick Guide to Navigating the Grocery Store*

### THE GOLDEN RULE

*Fill your cart from the store's outer aisles first—that's where the healthiest foods live.*

### THE LIFESTYLE 180 FLAVOR FORMULA

**Instead of SALT** → Use citrus  
(lemon, lime, orange zest)

**Instead of SUGAR** → Use spices  
(black pepper, ginger, cayenne)

### LABEL READING CHEAT SHEET

#### THE 5/20 RULE:

**For things you WANT**

(fiber, protein)

5% = LOW | 20% = HIGH ✓

**For things you DON'T WANT**

(sodium, saturated fat)

5% = LOW ✓ | 20% = HIGH

### THE BOTTOM LINE

**You don't have to be perfect. Just make better choices most of the time.**

Start small:

- Swap ONE unhealthy item for a healthier version
- Add ONE new vegetable this week
- Spend 5 more minutes in produce

### YOUR SHOPPING ROUTE

#### START HERE: PRODUCE (50% of your cart)

Buy a rainbow:

- Dark greens → spinach, kale, broccoli
- Orange/yellow → carrots, peppers, sweet potatoes
- Red → tomatoes, beets, strawberries
- Purple → eggplant, cabbage, blueberries

 **Lifestyle 180 Tip:** Use thinner veggie pieces when cooking—they cook faster and absorb less oil.

#### NEXT: PROTEIN (20% of your cart)

Best picks:

- Chicken breast (skinless)
- Fish (salmon, tuna, cod)
- Eggs
- Beans and lentils
- 90%+ lean ground meat

 **Lifestyle 180 Tip:** Thinner pieces + finer bread crumbs = way less oil absorbed

#### LAST: DAIRY AISLE (10% of your cart)

- Low-fat or fat-free milk
- Plain Greek yogurt (add your own fruit!)
- Part-skim mozzarella, reduced-fat cheddar