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let's face it...

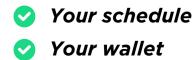
There are some chores you can speed through — like loading and unloading the dishwasher or folding the laundry.

Others, like caring for houseplants and reorganizing a closet, take a little more attention and thought.

And then there's GROCERY SHOPPING, which requires both SPEED and ATTENTION to get it done in a way that serves:



Your goals Your health





In fact, grocery shopping is more than just a chore — **it's a basic LIFE SKILL a lot of us take for granted**!

That's because the foods you choose become the meals you eat to nourish and fuel your body.

We created this guide to help you simplify and streamline your grocery shopping so you can save time and money — AND make it easier to hit your goals.

Inside you'll find everything you need to streamline your shopping trips for major results!



let's do this!

Steamboat Fit

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Grocery hopping 101

SOME QUICK STATS:

People make an average of 8 trips a month to the grocery store¹

- The average person spends more than 2 hours each week shopping for groceries
- In 2022, people spent an average of \$5,703 on food eaten at home (and another \$3,639 on food eaten away from home)!²
- Saturday is the most popular day for grocery shopping, with almost 41 million people making the trek to the store

That's a lot of time and money.

There's good news:

Time-efficient shopping can actually HELP you make great food choices.

You just need a strategy... and a plan!



- Do 1 "big" grocery trip a month for pantry items like oatmeal, almond butter, rice, beans, olive oil, etc. This trip may take a little longer than 10 minutes — but consider it an investment in time saved over the next few weeks!
- Once a week, use your "Cart Smart 10-Minute Sprint" guidelines to shop for perishables (produce, meat and fish, eggs, etc.).
 - Keep a running list of things you need. As soon as you notice you're running low on something, add it to the list.

HELPFUL TIP 🖹

Rely on tech (like your phone or Alexa device) to help you keep your grocery list up-todate.



- Before you hit the store, spend 10 minutes creating your meal plan, complete with a list of any ingredients you need.
- Do a quick scan to see which perishables (dairy, produce, meats) need replenishing.

Go shopping!

Later in this ebook, you'll find TWO master shopping lists. One is for your monthly "big" grocery trip and the other is for your weekly "10minute sprint."



Your Pre-shop Prep

This is when a lot of the magic happens — having a clear plan is a key part of a successful grocery trip.

It takes just a few minutes of "grocery prep" time to ensure you'll be making healthy, delicious meals, saving money, and spending LESS TIME in the store.

*1 Create a meal plan for the coming week, and add the necessary items to the grocery list you've already been keeping
*2 Scan the fridge, pantry, and cabinets to see if you're running low on any perishables
*3 Organize your list according to your store's layout
*4 If you feel the least bit hungry right before you go shopping, eat a healthy snack so you aren't tempted by junk food 2
*5 If possible, go to the store when it's not busy (i.e., not on a Saturday afternoon)
*6 Give yourself a time limit for shopping the inner aisles, like 5 minutes!

CLEAN AND WHOLE-FOODS-BASED Monthly Grocery Vist

NATURAL SWEETENERS & OILS • Even though this trip will take longer than Raw honey or maple syrup 10 minutes, stav focused on what's on vour Coconut sugar list to avoid temptation. Extra virgin olive oil • Repeat this mantra: Necessary aisles only! Coconut oil This will save you time AND money. • Customize this list based on your needs and household habits. GRAINS & LEGUMES HERBS, SPICES & CONDIMENTS Quinoa Sea salt Brown rice Black pepper Lentils Turmeric Chickpeas Cinnamon Whole wheat or gluten-free pasta Garlic powder Rolled oats Italian seasoning Coconut aminos CANNED & JARRED GOODS HOUSEHOLD ESSENTIALS Organic diced tomatoes Coconut milk (unsweetened) Eco-friendly laundry detergent Natural almond or peanut butter Biodegradable trash bags Bamboo or recycled toilet paper Low-sodium vegetable broth Natural cleaning products (all-purpose Canned beans (e.g., black beans, cleaner, dish soap) kidney beans) Paper towels (recycled or bamboo) NUTS, SEEDS & DRIED FRUITS PERSONAL CARE Almonds Walnuts Natural shampoo & conditioner Chia seeds Toothpaste Flaxseeds Body wash Dried (unsulfured, unsweetened) fruits Deodorant

WEEKLY CART-SMART	
10-Minute	pri

- Make this list your own, based on healthy foods and meals that you love.
- Focus on seasonal produce (local if possible!) for freshness and better pricing.
- Check the expiration and "best by" dates on perishables like milk, eggs, meat, etc.
- Give yourself bonus "staying organized" points for checking items off as you put them in your cart.

FRES	H FRUITS	MEAT & SEAFOOD
Orang	nas es (strawberries, blueberries, etc.)	Chicken breast or thighs Lean beef or pork Fish (salmon, tilapia, etc.) Shrimp or other seafood
		BREAD & BAKERY
Leafy salad Broco Bell p Carro Zuccl Seaso	beppers bts	 Whole grain or sourdough bread Tortillas (whole wheat or corn) REFRIGERATED ITEMS Hummus Tofu or tempeh Fresh pasta Sauerkraut/kimchi/pickles
DAIR	Y & EGGS]
Greek	or dairy alternative k yogurt or plant-based yogurt se (feta, goat, cashew, etc.) range eggs	 FROZEN FOODS Frozen fruits (for smoothies) Frozen vegetables (peas, green beans, etc.) Frozen seafood or plant-based protein alternatives

Ready to take your

Steamboat Fit is committed to individual health and the health of our community. At Steamboat Fit, we continually work to create a welcoming and positive environment for all to grow in health.

If you are looking for a better way to fuel your body so you can achieve optimal health, we want to invite you to experience our simple and effective approach that's already gotten amazing results for all of our participants!

Ways to Work With Me: 6 Week Nutrition Challenge

As we all know, fitness is only one small part of the equation. The foods we eat outside of the gym play an even bigger part in our long-term, overall health.

We decided that hosting a 6-week challenge for our members would help motivate everyone to achieve their best results ... while focusing on nutrition and fitness.

We will be using Macrostax, the #1 macro-counting app, to provide custom nutrition plans for each and every one of you.

This program includes accountability, weekly check-in's with your personal nutrition coach, recipes, food recommendations, guidance and so much more!

LEARN MORE HERE

We'd love to be part of your fitness/wellness journey.



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REFERENCES

1 https://moneyzine.com/personal-finance-resources/grocery-shopping-statistics/ 2. https://www.bls.gov/news.release/cesan.nr0.htm