



Eat Right Now

A Comprehensive Guide for Healthy Eating



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the
GROCERY GUIDE
for healthy eating

This guide is designed to help you navigate the grocery store. With so many options, it's easy to feel overwhelmed and maybe even frustrated. The following pages will provide tips and suggestions to help you stay on track and bring home food that will nourish your healthy lifestyle!

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GENERAL TIPS



DON'T GO HUNGRY

Scientific studies have proven that shopping while hungry usually leads to more high calorie food purchases.

To avoid the extra temptation, eat before you shop and have a list ready to go!

SHOP THE PERIMETER

Natural, whole foods like fruits, vegetables, meats, fish, and dairy are found along the edges of the store. More processed foods are in the center aisles. Try to spend most of your time along the perimeter and limit trips to the aisles to retrieve what's on your list.

READ YOUR LABELS

The ingredient list is found at the bottom of the nutrition label. Try to avoid foods that have a lot of ingredients that you don't recognize or can't pronounce. Choose whole ingredients whenever possible.



SMART SHOPPING

Plan Around Sales

Check your store's flyers or website before shopping and use ingredients on sale!

Buy Store Brand

Store brand products often have the same ingredients at a lower price!

Reduce Waste

Cook perishable items early in the week and eat leftovers for lunch!

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FOOD FOCUS



PRODUCE

Make the produce section your first stop. Stock up on fruits and vegetables in a variety of colors. The more colors, the more nutrients! Produce that's in season tastes better and costs less (*see page 7 for seasonal produce guide*).

On your list:

Spinach	Peppers	Tomatoes	Apples	Cantaloupe
Romaine	Broccoli	Cucumbers	Bananas	Watermelon
Chard	Carrots	Sweet potatoes	Berries	Pears
Kale	Celery	Winter squash	Oranges	
Arugula	Onions	Garlic	Lemons	
	Zucchini			



GRAINS

It's recommend that you make half of your grains whole grains. Whole grains are a great source of fiber and other nutrients like B vitamins, iron and folate. They have also been associated with decreased risk of heart disease and diabetes.

On your list:

Oatmeal/rolled oats	Whole-grain bread	Whole-grain cereal
Brown rice	Popcorn	Quinoa
Whole-wheat pasta	Whole-wheat english muffins	



PROTEIN

Choose protein sources that have low fat content. If you select meat, choose lean and skinless cuts. The Dietary Guidelines for Americans also recommend choosing two servings of fish each week. Fish is a great source of healthy omega-3 fatty acids!

On your list:

Skinless chicken/turkey breast	Lean ground turkey/beef/chicken
Pork tenderloin	Veggie alternatives (vegetable/black bean burgers, tempeh, tofu)
Seafood (shrimp, salmon, tilapia)	

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FOOD FOCUS



DAIRY & EGGS

Dairy is a great source of calcium, protein and vitamin D. It's recommended that you consume three servings each day. When shopping, select low-fat or non-fat options. Eggs are also a great source of protein and can be found with dairy products.

On your list:

Eggs	Cottage cheese	Sliced/shredded cheese
Skim/low-fat milk	Low-fat string cheese	Low-fat/non-fat greek or plain yogurt



FROZEN FOODS

Frozen foods can be a great cost-saving alternative to fresh. Add vegetables to soups or stir fries and add fruit to smoothies, cereal or yogurt. Buy without any added seasonings or sauces. Proteins and grains also have frozen options for longer shelf life.

On your list:

Mixed berries	Multigrain waffles	Frozen seafood
Mixed vegetables	Frozen chicken breast	Low-fat frozen yogurt



CANNED & DRY FOODS

When choosing canned vegetables, always rinse before eating to eliminate extra sodium. Pick fruit that is packed in 100% fruit juice to avoid added sugars. Also choose low sodium soups and broths. Read the label!

On your list:

Canned beans (black, pinto, garbanzo)	Tuna/salmon packed in water
Canned vegetables (corn, diced tomatoes, green beans)	Low sodium soup or broth
	Lentils

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for healthy eating

FOOD FOCUS



SNACKS & OTHER

When shopping for the week, choose a small variety of snacks that are whole-grain or easily paired with fruits and vegetables.

On your list:

Nuts (almonds, peanuts, pecans, pistachios)
Whole-grain crackers
Natural nut butter (peanut, almond)

Hummus
Dried fruit (raisins, cranberries)
Dark chocolate pieces
Pretzels



BEVERAGES

Try to avoid buying soda or sugary drinks. A 12 ounce can of soda has roughly 140 calories and 39 grams of added sugar. If you don't have them as an option at home, you're less likely to drink them! Focus on more natural options like water, tea and 100% juice.

On your list:

Sparkling water
Tea bags
Coffee
100% juice (apple, orange)

Produce by Season



WINTER

Bananas, grapefruit, lemons, mushrooms, onions, leeks, oranges, pears, potatoes, sweet potatoes, yams, turnips, winter squash



SPRING

Apricots, bananas, broccoli, cabbage, green beans, honeydew melon, lettuce, mangos, mushrooms, onions, leeks, peas, pineapple, rhubarb, spinach, strawberries



SUMMER

Apricots, bananas, beets, bell peppers, blackberries, blueberries, cantaloupe, cherries, corn, cucumbers, eggplant, garlic, grapefruits, grapes, green beans, honeydew melon, kiwifruit, lima beans, mushrooms, peaches, peas, plums, radishes, raspberries, strawberries, summer squash, zucchini, tomatoes, watermelon



FALL

Apples, bananas, beets, broccoli, brussels sprouts, carrots, cauliflower, cranberries, garlic, ginger, grapes, mushrooms, parsnips, pears, pineapple, pumpkins, sweet potatoes, yams, winter squash

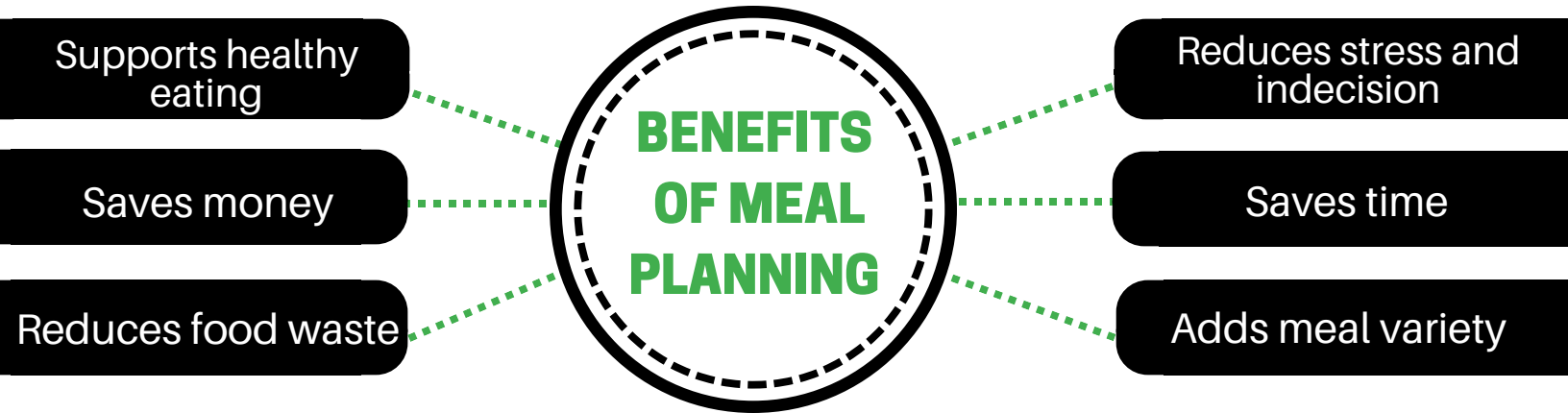


Meal planning sounds great in theory, but how easy is it in practice? With beginner steps, tips and tricks, a weekly plan, and a grocery list, this guide makes meal planning simple! Planning ahead allows you to make conscious and healthy decisions regarding food, all while saving time and money.

Discover what works for you and enjoy the benefits!

MEAL PLANNING

made simple



GETTING STARTED

1

PLAN YOUR RECIPES*

First, take a look at your schedule and choose which meals and snacks (and their amounts) you want to have for the week. In addition to trusted favorites, incorporate at least one new recipe a week for some new variety.

2

LIST YOUR INGREDIENTS

From the recipes you chose, transfer all the ingredients to a master list. Then go through your refrigerator, freezer, and pantry and cross off any ingredients you already have.

3

MAKE YOUR GROCERY LIST*

Finally, transfer the remaining ingredients to a grocery list. Group ingredients by section of the grocery store to make shopping faster and easier.

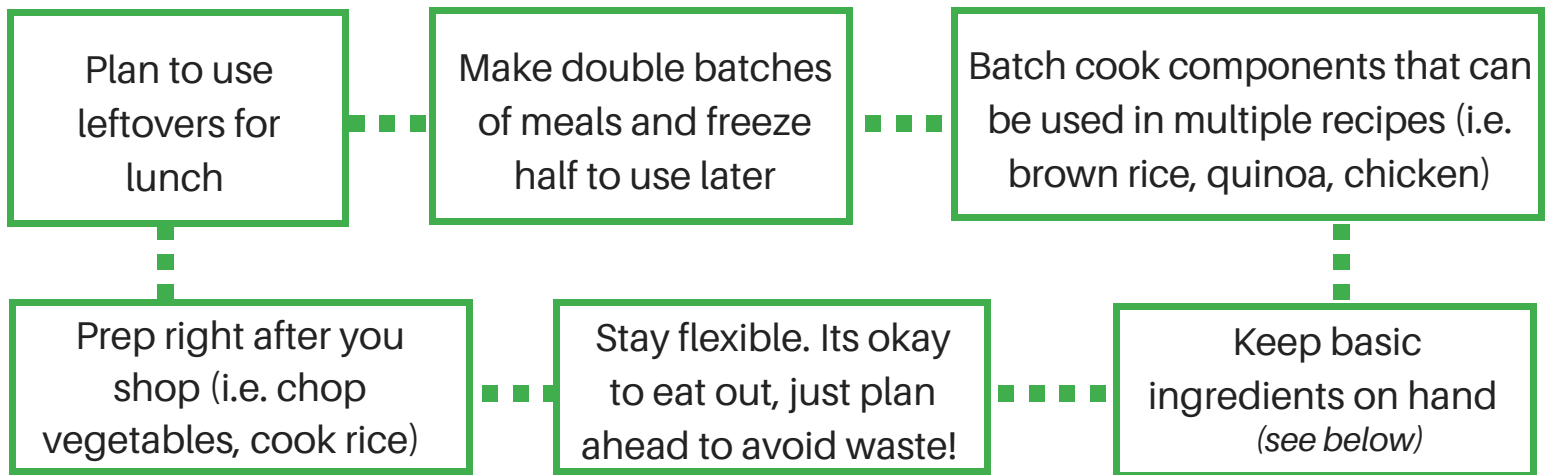


* Refer to "Weekly Plan" and "Grocery List" to help you plan

MEAL PLANNING


made simple

TIPS & TRICKS



PANTRY STAPLES


Have these common ingredients in the pantry for your convenience!

- OIL**
(olive oil, vegetable oil)
 - VARIETY OF GRAINS**
(rice, pasta, oats, quinoa)
 - CITRUS or VINEGAR**
(lemon juice, balsamic vinegar)
 - BROTH or STOCK**
(chicken or vegetable broth or stock)
 - HERBS & SPICES**
(basil, oregano, thyme, paprika, chili flakes)
 - SIMPLE SNACKS**
(nuts, dried fruit)
 - SWEETENERS**
(balsamic glaze, honey)
 - CONDIMENTS**
(mustard, pesto, vinaigrette)
 - CANNED GOODS**
(diced tomatoes, beans, tomato paste)
- 

MEAL PLANNING

made simple

Weekly Plan

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

MEAL PLANNING

made simple

Grocery List

PRODUCE	GRAINS	PROTEIN
DAIRY & FRIDGE	FROZEN	CANNED & DRY





Nowadays, there are a multitude of meal delivery services to choose from. Whether it provides ingredients and recipes or pre-made meals to reheat, there is something out there for everyone! This section reviews some national and local services, the plans they have to offer, and comparable features and information.

MEAL DELIVERY

Services

Meal Kit Delivery

Cooking & Assembly Required



Blue Apron provides fresh, pre-portioned ingredients to help you make gourmet meals at home using step-by-step recipes. Choose between a Two Person or Family Plan and receive fixings for anywhere from four to sixteen meals per week. Though most dishes are made for omnivores, there are also vegetarian options available. Your subscription automatically renews, but you have the ability to skip a week or cancel at any time when you provide advanced notice. Each week's ingredients are delivered in an insulated box with frozen gel packs. Most packaging materials are recyclable.

How to keep it healthy: When reviewing the menu, select plant-based meals, seafood, and lean proteins.

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This subscription service provides a Veggie Plan, a Classic Plan or a Family Plan. Each one offers two to four recipes that can serve two to four people, depending on your specification. Hello Fresh sources ingredients from independent producers and packages them in pre-portioned servings. Recipe cards are easy to follow and meals can be prepared in as little as 20 minutes. All ingredients are delivered in insulated boxes with ice packs that keep food fresh and cool. You may pause, modify or cancel your subscription at any time.

How to keep it healthy: If a recipe makes a large portion size, prepare the entire portion and package half of it for lunch the next day. This will help reduce calorie intake and will provide a healthy option for future meals.



Sun Basket provides organic, sustainable and seasonal meal kits. This program boasts many dietary specifications, including Lean & Clean, vegetarian, pescatarian, vegan, and Mediterranean diets. This allows you to tailor your menu to fit your needs. With 18 recipes to choose from, you can pick and order two, three or four recipes with ingredients for two or four people each week. Recipes provide anywhere from 420 to 870 calories and many can be completed in less than 30 minutes. Ingredients are delivered in all recyclable and compostable packaging. With advanced notice, you may skip a week or cancel your subscription.

How to keep it healthy: Select the Lean and Clean meal plan for smaller portions and fewer calories.

Complete Meal Delivery

No Cooking or Assembly Required



Freshly eliminates all preparation and cooking by delivering fully cooked meals that are ready for reheating! All meals are delivered fresh with all-natural and gluten-free ingredients in biodegradable packaging. Choose between four, six, nine or 12 meals each week. Freshly makes it easy to stick to your nutrition goals. When choosing recipes, you can filter by nutritional value (i.e. calories, sodium) to make the healthiest options appear at the top.

How to keep it healthy: When choosing meals for the week, filter your options based on different nutritional values that are important to your health (i.e. calories, sodium). In doing so, the lightest options will appear at the top.



Katie's Plates delivers fully cooked meals locally in the Nashville area. There is no commitment required for a subscription and you can order menu items as you wish. Katie's Plates provides meals for vegetarian, vegan, pescatarian, Paleo, gluten-free and Whole30 diets. The portions provide an appropriate amount of calories that align with a complete, healthy diet. If you aren't home during delivery hours, you can place a cooler on your front porch to keep meals cool until you get home or pick up from their Nashville kitchen.

How to keep it healthy: Add your favorite non-starchy vegetables as a side to round out protein-based or carbohydrate-based dishes. This will help pack in all vitamins and minerals necessary for a complete healthy meal!



EAT WELL
NASHVILLE

This local meal delivery service offers freshly made meals that simply need to be warmed up to enjoy. Eat Well Nashville delivers to homes, offices, and offers the option for pickup from their commercial kitchen location. This program offers a wide variety of recipes to choose from including breakfast, lunch, dinner, snacks, family style meals, and meal packs. No structured subscription is required and you can order as many or few dishes as you would like at a time! Eat Well Nashville offers options for vegetarian, vegan, pescatarian, Paleo, gluten-free, and Whole30 diets. All meals are calorie-conscious and provide all natural ingredients.

How to keep it healthy: Separate the snacks into individual containers, each with one portion to avoid over eating