CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

# Healthy Grocery Shopping



Smart grocery shopping ensures you stock up on nutritious ingredients while staying within budget. Use this checklist for healthier and more efficient grocery trips.

11 steps · Print-ready A4

| NAME | START | TARGET DATE |
| --- | --- | --- |
| | | |

## 1 Plan Your Meals

Create a weekly meal plan to guide your grocery list.

EXAMPLE *Include breakfast, lunch, dinner, and snacks.*

## 2 Write a Detailed List

Categorize items by sections like produce, dairy, pantry, and frozen.

TIP *Stick to the list to avoid impulse buys.*

## 3 Shop the Perimeter

Focus on fresh, whole foods found around the store's edges.

EXAMPLE *Vegetables, fruits, meats, and dairy.*

PREVIEW



## Like the design?

Get the full version: every step with examples and tips, a reflection page, no watermark.

Get the full version

PREVIEW