

Title:

Grocery Shopping The Healthy Menu Mailer Way

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702

Summary:

I have to admit, grocery shopping isn't exactly one of my favorite things to do. In case you o

Since I can't avoid grocery shopping, I found a few things that make it a more pleasant and mo

Keywords:

Article Body:

I have to admit, grocery shopping isn't exactly one of my favorite things to do. In case you o

Since I can't avoid grocery shopping, I found a few things that make it a more pleasant and mo

1) Make a shopping list and stick to it.

Making a list and sticking to it will keep you from buying too much junk. Not only will it end

Please apply common sense to this though. If you remember that you forgot to put your baby's d

2) Eat a snack before you go grocery shopping.

Never go grocery shopping while you are hungry. You'll be much more tempted to buy junk food a

3) Avoid the aisles with the chips, snacks and candy.

Don't tempt yourself by going down the ^junk food~ aisles. You're only human and the candy and

4) Buy fresh meat and produce whenever possible.

Buy your meat and produce fresh whenever possible. You'll get the most nutritional bang for yo

5) Write your grocery list with your supermarket in mind.

You will make your shopping trip much easier and faster if you keep the layout of your market

6) Clean veggies and herbs.

Unpack and clean your vegetables and herbs as soon as you get back from the store. Loosely wra

7) To freeze or not to freeze?

Portion your meat out depending on how much each recipe calls for. Keep what you will be using

You'll see that by implementing even just a few of these tips, your shopping experience will b

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