



IF YOU DON'T LIVE NEAR A HEALTH FOOD STORE...

27 HEALTHY FINDS AT YOUR LOCAL GROCERY STORE

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ABOUT THIS

CHECKLIST



Providential

— H E A L T H —

• wellness for the entire body •

HI! I'M SHERRY

IS THIS THE YEAR? HAVE YOU DECIDED YOU'RE DOING IT? YOU'VE MADE UP YOUR MIND YOU'RE GOING TO EAT BETTER, LIVE BETTER, AND BE BETTER? BUT, YOU'RE THINKING "WHERE DO I START?"

DO YOU EVER FEEL LIKE YOU NEED A DEGREE IN NUTRITION AND A \$300 BUDGET JUST TO SURVIVE A TRIP TO THE GROCERY STORE? I USED TO THINK 'HEALTHY' ONLY HAPPENED AT EXPENSIVE SPECIALTY MARKETS. BUT THE TRUTH IS, YOU CAN FIND INCREDIBLY CLEAN, HIGH-PERFORMANCE FUEL AT THE SAME PLACE YOU BUY YOUR LAUNDRY DETERGENT. YOU JUST HAVE TO LOOK.

THIS GUIDE ISN'T ABOUT PERFECTION; IT'S ABOUT BETTER-FOR-YOU SWAPS.

I'VE HAND-PICKED 27 ITEMS YOU CAN FIND AT ALMOST ANY MAJOR GROCER—FROM WALMART TO KROGER—TO HELP YOU CUT INFLAMMATION, BOOST ENERGY, AND KEEP YOUR BUDGET INTACT. I'M HERE TO GET YOU STARTED.

TAKING THE FIRST STEP IS THE MOST IMPORTANT.
I'LL SHOW YOU HOW TO PICK BETTER OPTIONS AT ANY STORE.
WELCOME TO THE PROVIDENTIAL PATH.



I'VE DIVIDED THIS LIST INTO 4 SECTIONS TO MAKE IT EASIER TO FIND ITEMS.



THE FRIDGE / DELI (FRESH & COLD)

TO HAVE ENERGY, THESE FOUNDATIONAL PROTEINS AND FATS STABILIZE HORMONES AND KEEP YOU FULL. I HIGHLY RECOMMEND YOU START OUT YOUR DAY WITH THESE KINDS OF FOODS FOR BREAKFAST RATHER THAN CARBS.



THE FREEZER (THE SAVER OF TIME & MONEY)

TO ELIMINATE THE "NOTHING TO EAT" EXCUSE WITH QUICK, NUTRIENT-DENSE MEALS. YOU MAY BE SURPRISED TO LEARN THAT SOMETIMES FROZEN IS BETTER THAN FRESH. IT DOESN'T GO BAD IN A WEEK. IT MAY BE CHEAPER, AND WHEN YOUR FREEZER IS FULL OF VEGGIES, YOU ALWAYS HAVE DINNER ON HAND.



THE PANTRY (CLEAN STAPLES)

TO REPLACE INDUSTRIAL OILS AND REFINED SUGARS WITH ANCESTRAL ALTERNATIVES. WHEN IT COMES TO OILS, THE ANCIENT WAY IS BETTER. TRANS FATS ARE BAD. VEGETABLE AND SEED OILS ARE BAD. YOUR GOAL IS TO READ LABELS AND FIND PRODUCTS THAT HAVE MINIMAL INGREDIENTS, NO CHEMICALS, AND LOW SUGAR.



THE SNACKS & DRINKS / PICK-ME-UP PICKS

TO SATISFY CRAVINGS WITHOUT THE SUGAR CRASH OR CHEMICAL ADDITIVES. AS YOU MAKE BETTER FOOD CHOICES, YOUR BODY WILL ADAPT TO BEING NURTURED, AND YOU MAY NOT NEED AS MANY SNACKS AS BEFORE, BUT THERE ARE THOSE TIMES... AND EVERYONE KNOWS THEY SHOULD STOP DRINKING SODA POP. HERE'S A FEW SWAPS FOR YOU.



CHECKLIST

THE FRIDGE

- DAISY BRAND COTTAGE CHEESE
- KERRY GOLD BUTTER
- ORGANIC VALLEY HEAVY CREAM
- VITAL FARMS EGGS
- APPLGATE BREAKFAST SAUSAGE
- HORMEL NATURALS UNCURED BACON
- ROTISSERIE CHICKEN
- FRESH AVOCADOS
- FRESH BABY SPINACH, SALAD KITS, BAGGED SLAW

THE FREEZER

- REAL GOOD FOODS ENTREES
- AMY'S GLUTEN FREE BEAN AND RICE BURRITOS
- SIETE GRAIN FREE TORTILLAS
- BIRDS EYE RICED CAULIFLOWER
- FROZEN ORGANIC BLUEBERRIES OR MIXED BERRIES

THE PANTRY

- SMUCKERS NATURALS PEANUT BUTTER
- PACIFIC FOODS GLUTEN FREE CREAM SOUPS
- ANNIE'S ORGANIC/ GLUTEN FREE MAC & CHEESE
- NATURE NATES RAW HONEY
- FLORIDA CRYSTALS ORGANIC OR RAW SUGAR
- EXTRA VIRGIN OLIVE OIL
- ORGANIC VIRGIN COCONUT OIL
- CHOSEN FOODS 100% AVOCADO OIL

THE SNACKS

- READY CLEAN PROTEIN BARS/SNACKS
- CHOMPS GRASSFED BEEF STICKS
- SIETE GRAIN FREE TORTILLA CHIPS
- OLIPOP OR POPPI PREBIOTIC SODA
- GT'S LIVING FOODS KOMBUCHA



THE BRANDS

EXPLAINED

DAISY BRAND

I HAVE CHOSEN DAISY BRAND DAIRY PRODUCTS BECAUSE THE INGREDIENTS ARE ONLY CREAM, SALT, AND CULTURES. REMEMBER, THE FEWER INGREDIENTS THE BETTER. LOOK FOR SOUR CREAM AS WELL.

KERRY GOLD

KERRY GOLD IS A BRAND OF PREMIUM IRISH DAIRY PRODUCTS. BUTTER FROM REAL COWS ON REAL GRASS. YOU CAN'T BEAT THE TASTE AND CREAMINESS! TRY IT ON GLUTEN FREE TOAST OR IN YOUR BULLETPROOF COFFEE.

VITAL FARMS

THERE MAY BE SEVERAL BRANDS OF GOOD PASTURED EGGS IN YOUR STORE. LOOK FOR VITAL FARMS, PETE & GERRY'S, HAPPY HENS, ETC. YOU ARE LOOKING FOR PASTURED AND CAGE FREE EGGS FOR A HIGHER OMEGA 3 CONTENT.

APPLEGATE

APPLEGATE HAS SEVERAL HEALTHIER OPTIONS FOR DELI MEATS, SAUSAGE, AND EVEN BACON. HORMEL HAS A NATURALS LINE AS WELL. YOU ARE LOOKING FOR NO NITRITES, CHEMICALS, OR PRESERVATIVES. YOU CAN FIND IT IN THE FREEZER AND IN THE REFRIGERATED SECTIONS.

ORGANIC VALLEY

EVERY PRODUCT MAY NOT BE IN EVERY STORE, BUT ORGANIC VALLEY HAS A LOT OF DAIRY ITEMS: CREAM CHEESE, CREAM, BUTTER, COTTAGE CHEESE, AND MORE. NO CARRAGEENAN. YOU'RE SAFE HERE.



THE BRANDS

EXPLAINED

TAYLOR FARMS

TAYLOR FARMS IS A GOOD OPTION FOR FRESH GREENS. YOU CAN FIND BABY SPINACH, LETTUCES, SALAD KITS, AND OTHER GREENS THAT ARE ORGANIC.

REALGOOD FOODS CO

I FOUND SOME GOOD OPTIONS LIKE GLUTEN FREE, GRAIN FREE CHICKEN NUGGETS AND CHICKEN BREAST FILLETS. HIGH PROTEIN AND GRAIN FREE IS A WIN! THEY EVEN HAVE MEATBALLS.

AMY'S

AMY'S HAS SEVERAL GOOD OPTIONS IN THE 4 CATEGORIES. THERE'S GLUTEN FREE BEAN & RICE BURRITOS AND MEXICAN BOWLS IN THE FREEZER. THERE'S A LOVELY LENTIL SOUP (AND MORE) IN THE CANNED AISLE. THEY HAVE SNACKS AS WELL.

SIETE

SIETE IS A VERY SAFE OPTION. I BUY THIS ONE A LOT! THEIR CHIPS AND TORTILLAS ARE GRAIN FREE, BUT YOU DON'T HAVE TO FEEL LIKE YOU'RE MISSING OUT ON FLAVOR AT ALL. THE TORTILLAS MAY BE IN THE FREEZER OR THE FRIDGE AREA.

SMUCKERS

SMUCKERS IS NOT EXACTLY KNOWN FOR BEING A HEALTHY FOOD, BUT THEIR NATURALS PEANUT BUTTER IS REALLY GOOD, AND ONLY HAS SALT ADDED.



THE BRANDS

EXPLAINED

PACIFIC FOODS

THIS BRAND HAS GOOD SOUPS, BROTHS, AND PLANT BASED MILKS. I LOVE THEIR BUTTERNUT SQUASH SOUP. YOU WILL WANT TO TRY THE TUSCAN-STYLE MINISTRONE! IF YOU NEED A CREAM SOUP, HERE YOU GO.

ANNIE'S

I'M PRETTY FAMILIAR WITH ANNIE'S. I BUY LOTS OF THE ORGANIC BUNNY CRACKERS FOR MY LITTLE PEOPLE. THEY HAVE GLUTEN FREE AND ORGANIC OPTIONS. WHEN I BUY MAC AND CHEESE, THIS IS WHAT I GET. THIS IS A BETTER FOR YOU COMFORT FOOD.

FLORIDA CRYSTALS

TO BE HEALTHY, WE HAVE TO SEVERELY LIMIT OUR INTAKE OF PROCESSED SUGAR, BUT WHEN YOU HAVE TO HAVE IT, THIS BRAND HAS RAW SUGARS AND ORGANIC OPTIONS.

NATURE NATE'S

HONEY IS A SWEETENER THAT HAS SOME HEALTH BENEFITS ON TOP OF THE LOVELY SWEET TASTE. IF POSSIBLE, WE WANT TO USE LOCAL HONEY, OR A HONEY THAT IS PURE AND ORGANIC. THIS CAN'T BE BEAT IN A HOT CUPPA.

CHOSEN FOODS

WHEN YOU USE OILS, THEY NEED TO BE 100% PURE. OUR BODIES WILL ABSORB THEM BETTER. WE WANT TO STAY AWAY FROM COMMON VEGETABLE AND SEED OILS. AVOCADO OIL IS GOOD TO COOK WITH, IT HAS A HIGH SMOKE POINT.



THE BRANDS

EXPLAINED

READY CLEAN

WE HAVE TO BE CAREFUL ABOUT PROTEIN BARS. WHILE PROTEIN ITSELF IS GREAT, MANY BARS AND SNACKS HAVE A HIGH SUGAR CONTENT. LOOK FOR LOW SUGAR OPTIONS. READY CLEAN PROTEIN BARS ARE A BETTER-FOR-YOU SWAP.

CHOMPS

JERKY OR MEAT STICKS ARE A GOOD OPTION FOR SNACKING ON THE GO. WITH THEIR GRASS FED BEEF STICKS YOU GET ZERO SUGAR AND GOOD PROTEIN. YOU CAN EVEN MAKE YOUR OWN LUNCHABLES WITH THEM.

OLIPOP/POPPI/GT'S

MANY PEOPLE ARE HOOKED ON FIZZY SODA POPS, BUT REGULAR SODAS ARE FULL OF SUGAR AND CHEMICAL INGREDIENTS. THESE PREBIOTIC DRINKS GIVE YOU THE FIZZ AND THE TASTE WITHOUT ALL THE BAD STUFF. IT'S A WIN/WIN BECAUSE IT'S GOOD FOR THE TUMMY TOO.

FROZEN VEGETABLES

I HIGHLY RECOMMEND STOCKING UP ON FROZEN VEGGIES SO YOU CAN WHIP UP A MEAL ANY TIME FAIRLY QUICKLY. MANY FOODS ARE PICKED AT THEIR PRIME AND FROZEN QUICKLY, AND ARE SOMETIMES MORE NUTRITIOUS THAN FRESH FOODS THAT WERE PICKED UNRIPE TO SIT ON SHELVES. (THAT RICED CAULI IS SO VERSATILE!)

ORGANIC FOOD

BUY ORGANIC WHEN POSSIBLE, BUT SOME PRODUCE LIKE BANANAS AND AVOCADOS AREN'T AS BAD SINCE YOU CAN TAKE THE PEEL OFF. EWG HAS LISTS FOR THE CLEAN 15 AND THE DIRTY DOZEN TO HELP YOU KNOW HOW TO CHOOSE.



BONUS SURPRISE

RECIPES



BREAKFAST IS A VERY IMPORTANT MEAL. YOU WANT TO BREAK YOUR FAST WITH LOTS OF PROTEIN AND GOOD FATS SO YOU CAN HAVE ENERGY AND STAY FOCUSED.

THE ALL DAY ENERGY SCRAMBLE FOR BREAKFAST

INGREDIENTS

- 3 PASTURED EGGS
- 2 CHOPPED APPLEGATE SAUSAGES
- 1 OR 2 TBSP DAISY COTTAGE CHEESE
- 1 PAT OF KERRYGOLD BUTTER
- ORGANIC BABY SPINACH LEAVES (OPTIONAL)

INSTRUCTIONS

1. MELT BUTTER IN A SAUTE PAN.
2. ADD BITE SIZE PIECES OF THE SAUSAGE.
3. WHISK THE COTTAGE CHEESE INTO THE EGGS THEN POUR INTO PAN.
4. ADD SALT AND PEPPER AND COOK UNTIL DONE.
5. IT'S EVEN BETTER IF YOU ADD A HANDFUL OF BABY SPINACH IN BEFORE YOU ADD THE SAUSAGE.

THE 3-MINUTE BURRITO BOOST FOR LUNCH

HEAT AN AMY'S GLUTEN FREE BURRITO AND TOP WITH FRESH AVOCADO AND A HANDFUL OF SPINACH. FAST, FIBER-RICH, AND CHEAP.



BONUS SURPRISE
RECIPES



ON SHOPPING DAYS IT'S EASY TO WANT TO ORDER TAKE OUT OR EAT AT UNHEALTHY FAST FOOD PLACES, BUT YOU CAN ENJOY THIS EASY SUPPER IN NO TIME AT ALL!

10-MINUTE "EGG ROLL IN A BOWL"

INGREDIENTS

- 1 BAG OF COLESLAW MIX (CABBAGE AND CARROTS.)
- APPELATE BACON OR ROTISSERIE CHICKEN CHUNKS
- AVOCADO OIL

INSTRUCTIONS

1. IF YOU USE BACON, CUT THE BACON IN PIECES AND BROWN THEM SLIGHTLY.
2. ADD THE SLAW MIX AND COOK UNTIL JUST TENDER.
3. IF USING THE CHICKEN, SAUTE THE SLAW MIX IN OIL UNTIL JUST TENDER AND THEN ADD THE CHICKEN PIECES.
4. TO ADD INTEREST AND THAI-STYLE FLAVOR, YOU CAN THIN SOME SMUCKER'S NATURALS PEANUT BUTTER WITH A LITTLE WATER AND DRIZZLE OVER THE FOOD WHEN PLATED.
5. SEE? EASY PEASY.



NOTES SPACE

WHILE THIS CHECKLIST/BOOKLET IS YOUR SHORTCUT TO BUYING HEALTHIER OPTIONS, WHAT YOU WANT TO DO IS GET FAMILIAR WITH THE PRODUCE SECTIONS AND THE ORGANIC AND GLUTEN-FREE AISLES IN THE STORE WHERE YOU SHOP.

THESE AREAS ARE WHERE YOU WANT TO FILL MOST OF YOUR CART.

LEARN TO AVOID THE PROCESSED AND PACKAGED FOOD AISLES.

MOST PEOPLE KNOW TO READ LABELS, BUT THEY ONLY READ WHAT IS IN THE BOX OUTLINE ON THE BACK OF THE LABEL. IT'S IMPORTANT TO READ THE INGREDIENTS LIST.

OUR GOAL IS TO AVOID CHEMICALS AND FAKE INGREDIENTS, AND TO KEEP SUGAR LOW. MEN SHOULD NOT HAVE MORE THAN 36 GRAMS OF SUGAR PER DAY, AND WOMEN SHOULD NOT HAVE MORE THAN 24 GRAMS PER DAY. AS YOU STUDY LABELS, YOU WILL SEE THAT ALMOST EVERYTHING HAS ADDED SUGAR! LOOK FOR BRANDS THAT HAVE LOW OR NO ADDED SUGAR.

LIFE IS FULL OF CHANGES AND WE CAN'T AVOID GROWING OLDER SO NOW IS THE TIME TO DECIDE THAT YOU WANT LIVE THE REST OF YOUR LIFE WITH ENERGY AND GOOD HEALTH.

WHEN ONE IS FIRST STARTING OUT ON THEIR HEALTH JOURNEY, IT SEEMS OVERWHELMING BECAUSE THERE IS SO MUCH TO LEARN, BUT IT WILL GET EASIER. IT STARTS WITH THE FIRST STEP, AND YOU HAVE DONE THAT BY CHOOSING TO GET THIS LIST OF 27 HEALTHY FINDS.

HEALTH IS A JOURNEY, NOT A DESTINATION. I HOPE TO SEE YOU ON THE PROVIDENTIAL PATH!



GET IN TOUCH WITH ME.



IF YOU WOULD LIKE TO LEARN MORE ABOUT ME AND SEE WHAT I DO, FIND OUT HERE.

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