

3 Per Shopping List

Go to the store with a plan. The likelihood of coming away with food you DONT need, and failing to pick-up the things you DO need, increases when we fail to make a list. Balance is key. Keeping the macro and micronutrient categories top of mind helps engrave a behavior pattern that makes this the "normal" way you begin to shop and eat. We've all got plenty of other things going on in our lives. Make balanced and healthy eating automatic.

Protein	Carb	Fat	Veggies
1	1	1	1
2	2	2	2
3	3	3	3

List Additional Items Here: