



The Definitive Guide to Healthy Grocery Shopping That Saves Money and Time: Use the Grocery List Method

Article for a private client, October 2023

Every household needs a routine grocery list to guide them past the temptation of junk food that hurts health plus wastes money and time. When a grocery list contains nutritious items, it's like following a map that leads to nutritional gold. The following pointers will keep you flush with healthy benefits that buffer your bank account and save time.

Let's start with the layout of the store.

Understanding the Grocery Store Design

The [grocery store design](#) overwhelms and influences shoppers with sales galore and pretty packaging. Grocery stores often change layouts to entice shoppers to buy more items by making them walk through rearranged aisles. That's why you can never remember where anything is.

Store designs direct consumers to sales, too. That increases purchases. But remember that a deal on junk isn't a deal in the long run.

Junk food costs a lot in terms of health and paying for the care related to lifestyle choices adds up. Regular consumption of unhealthy food and overeating impairs confidence with weight gain and makes the whole family feel blah. It's best to avoid these negative outcomes with the following grocery store navigation knowledge and strategy.

Where to Find the Healthy Items

The outer perimeter stocks the healthiest foods. Think of the outer areas and walls as a free range for healthy eating, and the interior aisles as a maze of nutritional pitfalls. The inner aisles display food that is so processed, it can stay on the shelves for years!

However, keep in mind that staples like beans, pasta, rice, and canned tuna are healthy and they are on the inner aisles. Use the signs on each aisle to stay out of danger zones. The signs allow you to roll the cart where you need to go.

Then you can roll right out of there and to checkout.

Now, here's a list of food that every household needs.

Use This Grocery List for Positive Health Outcomes and More

Make a grocery list that contains the following items.

Apples: The [fiber and vitamins in apples](#) diminish hunger pains and the chances of overeating. They also maintain hydration. Apples work well in salads and on turkey sandwiches.

Bananas: Bananas provide a lot of potassium. They [lower the chances of stroke](#). They are easy to pair with oatmeal or peanut butter.

Beans: Beans come in many colors, shapes, and sizes. This means they work well in plenty of dishes and cuisines. All [beans lower the bad LDL cholesterol](#) and provide generous helpings of fiber, something that most Americans don't get enough of each day.

In case you're wondering, aim for [25 grams of fiber a day](#).

Beans work as side dishes or in casseroles and soups, offering a range of uses and tastes for a cheap price. Some beans will be in the produce aisle, and some will be canned. If buying canned ones, stick to the ones that come in their natural juices.

Bell Peppers: Red bell peppers offer more vitamin C than other colors of bell peppers, but all [bell peppers provide more vitamin C than oranges](#). Vitamin C enhances collagen production, immune health, and iron absorption. Bell peppers also provide B6.

[B vitamins promote](#) brain function, cell metabolism, and energy levels.

Berries: Berries offer a [multitude of vitamins and fiber to fight disease](#). They help maintain a healthy weight via adequate fiber intake. Berries topped with Greek yogurt make a healthy yet extravagant dessert.

Broccoli: Whether steamed or sautéed, [broccoli is a super nutritious food](#) full of fiber and vitamin K. It helps blood clot and reduces the chances of developing cancer while maintaining weight.

Canned Tuna in Water: Tuna is a low-fat protein that works in sandwiches and casseroles. You can sear it in a pan with veggies. It also tastes great straight out of the can or on a salad.

[Tuna contains omega-3 fatty acids](#) to boost heart health, plus mineral and vitamin absorption.

Carrots: [Carrots](#) help maintain weight, may reduce cancer risk, and provide bountiful doses of vitamin A and potassium.

Garlic: Both [fresh and powdered garlic](#) contain vitamins B6 and C plus manganese and selenium. Garlic works in just about any main dish or side. You can roast it to eat alone or as a spread.

Low Sugar Peanut Butter: Peanut butter contains vitamins B6, E, iron, magnesium, and selenium. Use it as a sauce for various dishes, on sandwiches, or as a topping for oatmeal. [Peanut butter promotes heart health](#), so eating it in the recommended measured amounts is a good habit to develop.

Onions: Onions are great for adding flavor to dishes at all meals. They come in a variety of types and tastes. Onions contain [high amounts of vitamin C and other benefits](#).

Sweet Potatoes: Sweet potatoes are one of the most versatile, budget-friendly foods. Try baking and topping one with cinnamon. You can cut a few to make healthy fries seasoned with sea salt and garlic. Grilled sweet potato slices are an ultimate must-have when the weather's right for grilling.

Sweet potatoes offer a range of [vitamins and fiber](#) at a super affordable price.

Lean Chicken: Lean chicken baked or sautéed provides an assortment of vitamins and minerals that pertain to [brain function, muscle building, and heart health](#).

Make Your Grocery List a Weekly Habit

Busy moms who make a grocery list a habit help keep the whole family healthy. They save time because they know what they want, which cuts down on aimless wandering and filling up the grocery cart with junk. That saves money.

You can plan meals for the week knowing exactly what ingredients you have on hand. Make your list right now and keep it in the car or on your phone, so you never find yourself at the grocery store without a map to keep you on the path to nutritional gold.

Once you get in the habit of doing this and you see all the benefits, you'll never go back to the old way of grocery shopping.