

Essential Nutrition

A DONE-FOR-YOU GROCERY SHOPPING LIST



A Tool To Always Select
Top-Notch, Nutritious Foods That
Support Your Health Goals

BY GLENDA HILL



Hello!

So why did I create the Essential Nutrition Done-For-You Shopping List? I want you to have a CLEAR path to follow to start fueling your body with good nutrition as soon as possible. In this concise guide, I introduce you to my holistic approach to wellness and offer a curated grocery list designed to help you lose weight, minimize bloating, and boost your energy levels!

Welcome Friend, this pre-organized grocery list streamlines the shopping process, allowing you to focus on selecting high-quality, nutritious foods without the pressure of remembering everything off the top of your head. This ease of mind saves time, reduces stress, and can make the entire shopping experience more enjoyable, especially if you're already fatigued.

I love this simple tool and how it ensures that I consistently bring nutrient-rich foods into my home. And that is what's on my heart for you - To select top-notch, healthy foods to ensure your home is always stocked with nutritious goodies that support your health goals.

Enjoy!

Glenda Hill
HEALTHY LIFESTYLE COACH

Just starting? Embrace my holistic approach to nourishing your body and soul.

As a holistic nutritionist, I invite you on an exciting journey toward wholesome eating and a healthier lifestyle! I'm sure you want to feel more energized, productive, and fulfilled each day— well, it's all within reach. I've created a grocery shopping list to help you make smart, nutritious choices effortlessly.

But the blessings don't stop there; I also offer stress relief support to ensure your body and soul thrive together. Join me in embracing a holistic approach to health, where we nourish our physical and spiritual life.

What fills your mind affects your behavior, and scripture meditation is a powerful tool for stress relief and motivation, rooted in Biblical teachings. Dan Gabbert's "Biblical Response Therapy" emphasizes grounding oneself in the Word of God to find true and lasting healing. I wholeheartedly agree! BRT is a wonderful Bible study tool to strengthen our faith in the Bible while promoting mental and emotional well-being.

Benefits of Following This Guide:

Tools to support health goals: Discover how a simple grocery list can be a game-changer in your journey towards healthy eating. Embrace Stress Relief resources designed to support your success.

ADDITIONAL RESOURCES

[GlendaHill.com](https://www.GlendaHill.com)

Get Free Recipes 📖

[Get Free Recipes](#)

Dan Gabbert's Biblical Response Therapy 📖

[Dan Gabbert's Biblical Response Therapy](#)

USING THE ESSENTIAL NUTRITION GROCERY SHOPPING LIST AS A TOOL TO SAVE TIME

To help you save time and start eating healthier immediately, I am sharing my grocery shopping list. Here's how to make the most of it:

1. **Plan Your Trip:** Before heading to the store, review the list and identify the items you need for your weekly meal plan. This helps ensure you have all the ingredients necessary for your planned meals.
2. **Organize by Sections:** Follow the list section by section to avoid backtracking and save time.
3. **Check-Off Items:** As you shop, check off items on the list. This keeps you focused and ensures you don't forget anything.
4. **Adapt as Needed:** Feel free to substitute items based on availability or personal preference. For example, if strawberries are out of season, opt for another berry like blueberries or raspberries.



Tips for Success

- Meal Prep: Plan your meals for the week and avoid letting fresh fruits and veggies go to waste.
- Read Labels: Read nutrition labels to avoid added sugars and harmful chemical additives
- Stay Hydrated: Drink 1-2 cups of water an hour throughout the day to stay energized and productive.

Want To Learn More?



@GlendaHil



PODCAST [Thirty Pounds Down Podcast](#)

Essential Nutrition

Grocery Shopping List For Nutrient-Rich Eating

Fresh Produce

1. Fruits:

- Apples
- Bananas
- Berries (strawberries, blueberries)
- Oranges and Lemons
- Grapes
- Avocados

2. Vegetables:

- Leafy greens (spinach, kale)
- Broccoli
- Carrots
- Bell peppers (variety of colors)
- Cucumbers
- Tomatoes
- Sweet potatoes

Proteins

1. Fish with fins and scales :

- Salmon
- Albacore Tuna
- Trout

2. Plant-Based Proteins:

- Lentils
- Chickpeas
- Black beans
- Tofu

Eggs: Organic eggs

Whole Grains

1. Grains:

- Quinoa
- Brown rice
- Whole wheat pasta
- Oats

2. Bread and Wraps:

- Whole grain bread
- Whole wheat tortillas

Dairy and Dairy Alternatives

• Dairy:

- Greek yogurt
- Cottage cheese

• Dairy Alternatives:

- Almond milk
- Soy milk
- Coconut yogurt

Healthy Fats

• Nuts and Seeds:

- Almonds
- Walnuts
- Chia seeds
- Flaxseeds

Oils and Butters:

- Extra virgin olive oil
- Coconut oil
- Avocado oil
- Ripe Olives
- Nut butter (peanut butter, almond butter)

Spices and Condiments

1. Spices:

- Turmeric
- Cumin
- Cinnamon
- Garlic powder
- Paprika

2. Condiments:

- Bragg's Liquid Aminos
 - Apple Cider vinegar
 - Cayenne Pepper
 - Dried and Fresh Herbs
 - Natural Sweeteners (honey, maple syrup, date sugar, Stevia)
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