

Grocery Store Survival Guide

save time, money and mental sanity!



**MADE FOR YOU WITH
LOVE & SPRINKLES**

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About This Ebook



hey, gorgeous!

in Colleen!

WHADDA YA SAY WE MAKE GROCERY SHOPPING WAAAAAY EASIER!?

When it comes to grocery shopping without food rules a couple things might come to mind like:

- OMG... will I just buy ice cream?!
- How am I supposed to know what to get?!
- Am I supposed to meal plan?! How will I know what I want to eat on Thursday?!
- But... like... the nutrition label has always dictated my choices!
- I need to save money, I can't just buy everything I crave!

Well, I'm here to tell you to take a big ol' deeeep breath because this ebook is going to answer all of that for you! Learning to eat with no food rules actually makes grocery shopping easier, not harder, and can save you lots of time, energy and your mental sanity.

Let's get into it!

-xoxo Colleen

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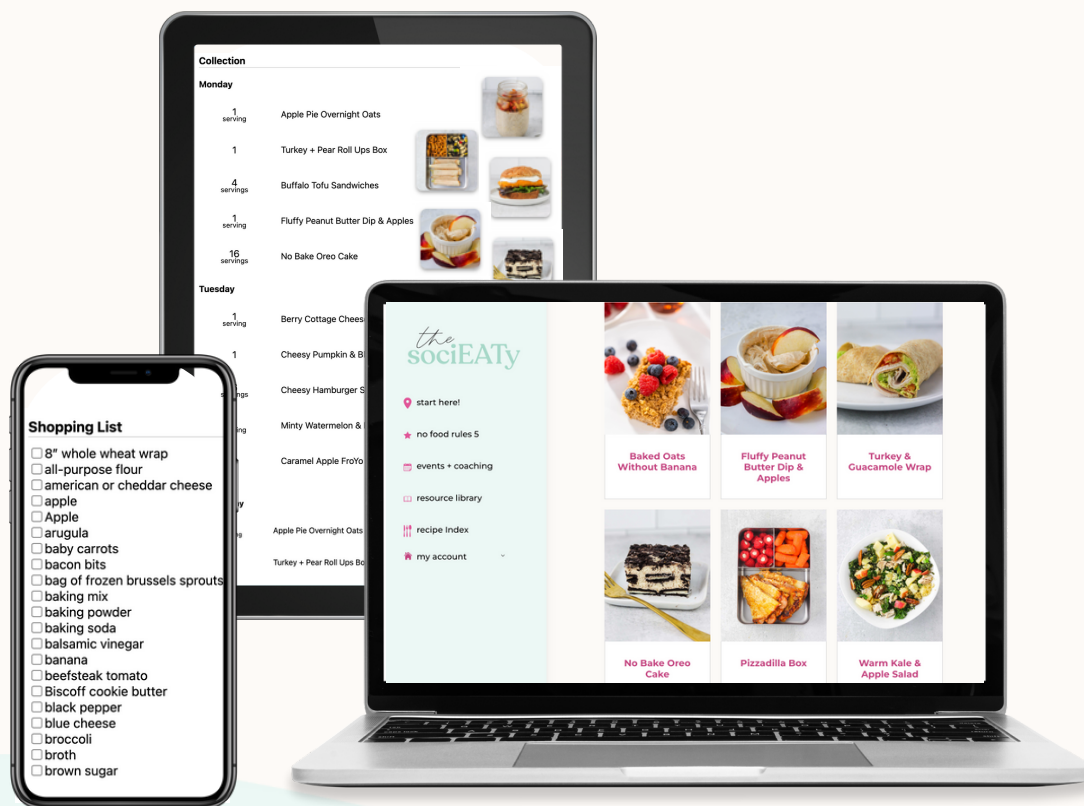
your non-diet-y meal planning tool

As a member of The SociEATy you have access to our exclusive, custom built intuitive eating meal planning tool. This is a great way to save time and energy when it comes to meal planning!

This meal planning tool will allow you to create automated grocery lists based on the recipes you select. Want to make it even easier? Just use the sample menus that get added to the membership multiple times a month!

The SociEATy meal planning tool

[Click here to access a full tutorial on how to use the meal planning tool!](#)



grocery trip pre-planning tips

Before you head to the grocery store take a peek at these tips to make your trip easier!

1 TAKE INVENTORY

Look in your pantry, cabinets and fridge to see what you have on hand. Based on what you have think about some meal/snack ideas that you could plan for the following week.

2 TAKE A PEEK AT THE FLYER

See what is on sale at the store you'll go to. This can help for multiple reasons. Firstly, it can help you lower your grocery bill. Secondly, it can help you eat more seasonally. What is on sale, especially produce-wise, is usually in season meaning it's the most tasty!

3 PLAN YOUR MEALS

Before making your grocery list plan your meals/snacks for the week. You can use the meal planner template on the following pages to help guide you!

4 LEAVE ROOM FOR FUN!

Now that you have your meals/snacks planned be sure you leave room for things you WANT (hello ice cream!) or things to make eating more enjoyable like a delicious sauce or dressing.

meal planning 101

Exactly how you will go about planning your meals may depend on what stage of The SociEATy you are in and what you are currently working on. However, these basic principles when used (for the most part!) can help you craft a meal with a bit of gentle nutrition to fuel your body in a delicious way that also feels good!

- 1 First start by asking yourself "Is there anything in particular that I am wanting?" If the answer is yes, plan it in! Always honor your cravings.
- 2 If the answer is no then use the following template to craft a meal. Aim to include a food in each category (a food may fit into more than one category!) when it won't take away from your satisfaction or enjoyment. You don't always have to implement every category!

Example: If there is a day you just want gooey mac n cheese, don't force yourself to add broccoli! Enjoy it plain! If you're impartial whether or not it has grilled chicken for some protein, and a green color boost then sure, add it!

carb

fat

protein

fiber

color

satisfaction

*see page 7 for an example!

snack planning

Just like with meals how you will go about planning your snacks may depend on what stage of The SociEATy you are in and what you are currently working on. However, these basic principles when used for the most part can help you craft a snack with a bit of gentle nutrition to fuel your body in a delicious way that also feels good!

- 1 Again, start by asking yourself "Is there anything in particular that I am wanting?" If the answer is yes, plan it in! Remember, always honor your cravings.
- 2 If the answer is no, then use the following template to craft a snack. For snacks, especially those that you want to be more filling, aim to include 2 out of the 3 macronutrients. Then, aim to include color, fiber & satisfaction when able/when it won't take away from your satisfaction or enjoyment!

pick two

carb

fat

protein

include when able

fiber

color

satisfaction

*see page 7 for an example!

meal + snack planning examples

MEAL EXAMPLE:

the meal = a turkey sandwich!

carb

whole wheat bread

fat

cheese slices

protein

turkey

fiber

whole wheat bread
(a whole grain = fiber!)

color

tomato slices + lettuce

satisfaction

a delicious bacon jam for sweetness & flavor!

*this is the base of your meal, from there add more of whatever you prefer to help you feel full + satisfied!

SNACK EXAMPLE:

the snack = a cottage cheese + fruit bowl!

pick two

carb

canned peaches

fat

protein

cottage cheese
(BONUS POINTS! may also provide some fat!)

include when able

fiber

color

satisfaction

canned peaches
(fruit = color!)

coconut flakes
(just for pure enjoyment!)

meal planning tips & tricks

- Rather than going from planning nothing to planning every single thing, start off slow. Maybe this week you just think of a few breakfast ideas to have on hand and that is all. If that feels good then maybe next week you add lunch, then maybe a snack. Going slow to start can help rid yourself of the "all or nothing" mindset.
- If it gives you anxiety to think "I planned this so I HAVE to eat it!" try to plan options. Maybe you decide to have 2 things available for lunch this week and you can decide on the day what you want. And skipping it to get takeout? Also an option! Having self-stable ingredients can be super helpful when taking this route. For example, having canned tuna and bread available for a sandwich as one option and then maybe you also have some frozen leftover chili that you can reheat as another.
- Take a moment right now to think "What foods do I enjoy eating?" then plan in THOSE foods! Even though you see lots of kale salads and overnight oats on social media, (those things can be great) it doesn't mean that is what you have to plan! Need some ideas? Check out The SociEATy recipe index!
- Be sure to have a "backup" option in case you decide you don't want what you have planned- it happens! This could be a box of pasta you keep in the pantry, a plan to order takeout, etc. Be flexible!
- Remember, you don't need to strive for "perfection"! Implement gentle nutrition where you can/when it won't take away from your enjoyment/satisfaction with the meal!

weekly menu

Monday

B:

L:

D:

S/D:

Tuesday

B:

L:

D:

S/D:

Wednesday

B:

L:

D:

S/D:

Thursday

B:

L:

D:

S/D:

Friday

B:

L:

D:

S/D:

Saturday

B:

L:

D:

S/D:

Sunday

B:

D:

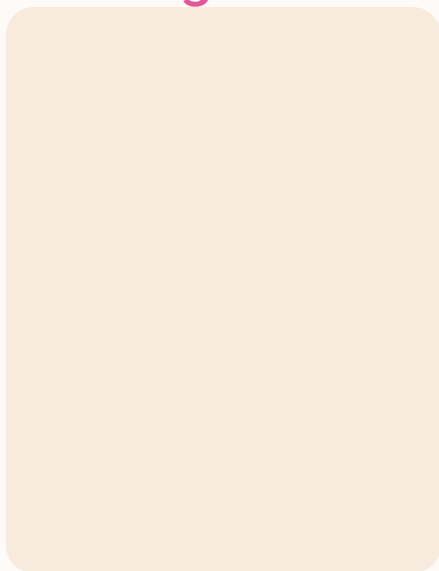
L:

S/D:

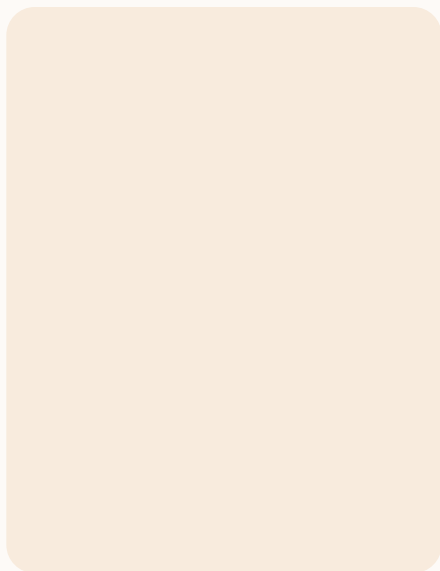
grocery list

Now it's time to make your list! Based on the meals/snacks you have planned, write down what you will need to purchase. Write the items in the appropriate sections- this can help you from having to go back and forth between aisles and help save you time.

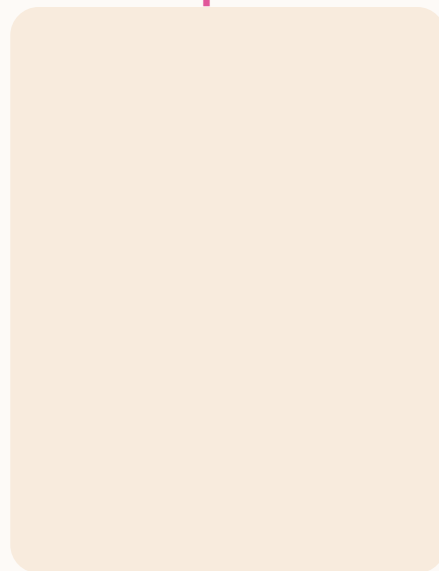
refrigerated



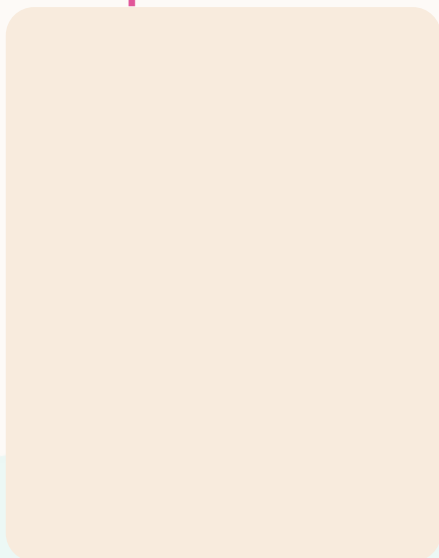
frozen



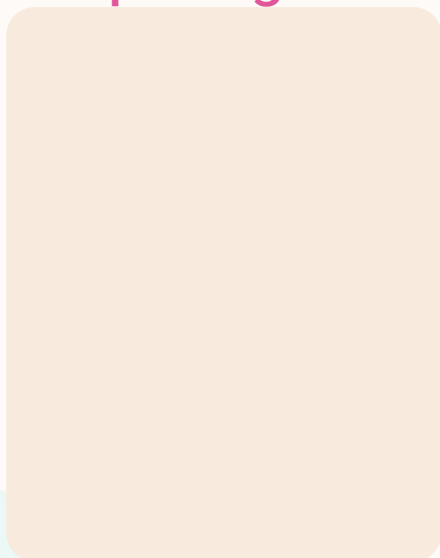
meat products



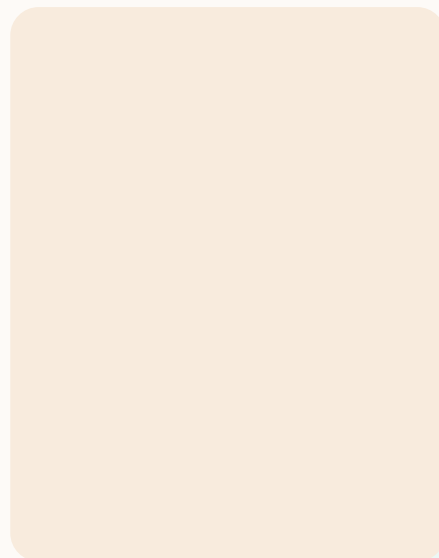
produce



packaged



misc/other



grocery budgeting

If you're looking to keep an eye on your grocery spending you can use this worksheet to help you refine your spending and save even more money!

ideal budget

actual spent

difference

Budgeting Reflection Questions

Were there any items from last week that you didn't use or didn't bring you joy that you could plan NOT to purchase next week?

Based on what you bought last week are there are areas your could reduce cost further? Example: purchase frozen VS fresh? bought in bulk?

Is there anything last week that you WISH you would have bought instead?

Any other thoughts? Example: I didn't look at the ads. I didn't plan meals. I need to adjust my ideal budget. Etc.

how to save money grocery shopping

One study found that just meal planning itself can save you \$25 per day! Here are some extra tips to save cash when grocery shopping.

- Check the ads before you go to see what is on sale, then plan those items in to your budget meal plan for the week.
- Be realistic. Before making your list for the grocery store, think back to what you ACTUALLY ate the previous week. Don't plan in broccoli if you historically hate eating broccoli!
- Don't go hungry. Seriously though! Don't shop when you're hungry or your impulse purchasing might be extra high!
- Remember that not every meal has to be amazingly mind blowing. Sometimes we just need to buy something to give your bodies nourishment, like settling for canned tuna VS sushi.
- Buy seasonal produce, as this will likely be cheaper since it's in abundance. [You can find a great seasonal produce guide here!](#)
- Skip special ingredients if a recipe calls for it. Don't buy ingredients you'll use once. The meal will likely still taste fabulous with the spices you do have, so stop hunting for that special unicorn curry powder with pixie dust.
- Take inventory of your pantry and fridge before going grocery shopping. See if you can't plan a few meals with what you already have.
- Buy in bulk when you can. If you notice you eat a lot of a certain thing, like say rice or oatmeal. Find out if there are any stores near you who sell in bulk, or check online!

budget friendly options

proteins

- Canned tuna
- Dried beans
- Eggs

carbs

- Potatoes
- Rice
- Pasta
- Oats

fruit/veg

- Bananas
- Carrots
- Spinach
- Frozen varieties
- Canned varieties

bonus sample meal plans!

Want someone to just give you ideas for the week? Done! Checkout the done-for-you weekly menus below!

Each of the weekly menus is flexible. You can swap in-and-out any recipes you wish. You can change the serving sizes and amounts the recipes make.

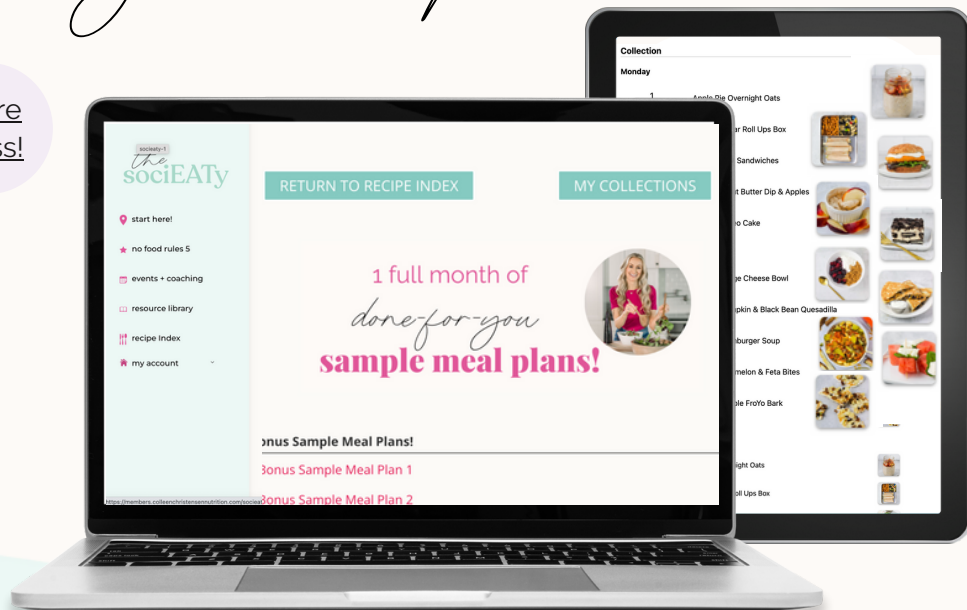
Before using the samples below be sure to checkout the tutorials of how to use The SociEATy meal planning tool.

The SociEATy meal planning tool

[Click here to access a full tutoial on how to use the meal planning tool!](#)

done-for-you sample menus

[click here to access!](#)



how to make shopping less triggering

If grocery shopping is hard for you because of the amount of food rules you have or how much diet culture dictates your choices, here are some tips to help combat those diet-y voices in your head!

- As a SociEATy member you're going to learn one thing quickly... and that is that baby steps are KEY! Rather than going cold turkey and saying "I'm going to get all of the things!" take a baby step. Maybe this week you just decide to grab a box of crackers based on what looks best and NOT look at the nutrition label (if that is usually what dictates your choices). Everything else? Keep it the same! Next week, add something else.
- Have support available. Whether this is a partner to go with you or The SociEATy Facebook group, have an outlet to chat through any triggering thought or frustrations you might have.
- Practice your mantras and affirmations! Pick a couple go-to things to say to yourself as you're shopping such as "guilt is not an ingredient, so I won't add it" or "I am not longer letting diet culture bully me!" Self talk is KEY to rewiring your brain away from diet culture!
- When you get home try taking any foods with labels out of the package. Put them into containers or bags to prevent yourself from feeling triggered when you go to eat something you might not normally have or that diet culture many deem as "bad".

breaking food rules + grocery shopping

Here are some tips to help you grocery shop as you work to break your food rules. We go over all of this in much more detail in stage 4 of The SociEATy (these are just a few tips to get ya started!)

1 FIRST WORK ON BIOLOGICAL RECONDITIONING

I know it's tempting to want to break all of your food rules the second you decide to become an intuitive eater but that's not always the wisest decision! Before breaking food rules, be sure to work through stage 3 where we discuss 'biological reconditioning'. This is the process of getting your hunger and fullness cues back. If you skip this step of course you won't know how to stop eating your food rule foods!

2 DON'T BREAK THEM ALL AT ONCE

Breaking every single food rule you have and stocking your pantry with those fear foods (or even the ones you just feel guilt around!) can be too overwhelming. In stage 4 you'll learn how to break food rules in a more systematic approach.

3 START WITH THE EASIEST FOOD RULE

In stage 4 you'll learn that the best way to break food rules is to start with the "easiest" one and then work up to the harder ones. Just focus on one at a time!

4 REDUCE THE VARIATION

In order to 'habituate foods' faster (normalize them!) reduce the variation. Example: when working on normalizing ice cream, stick to one flavor, then move to another. This helps you actually do this faster!

tips for handling food scarcity

Food scarcity can be caused by a variety of reasons. How you go about handling it depends on the cause. Here is an overview of how to navigate a variety of causes of food scarcity.

mental scarcity

- The scarcity mentality can prevent you from eating intuitively. If we think that we can't have something or that it might run out, we want it more. This doesn't need to be physical scarcity, like there is no more ice cream to have, it could be mental. So, for example, even if you can have ice cream, maybe you have it in your freezer, but you say "I can't have any more tonight!" or maybe over the weekend you're going to be driven to want more because you are causing a sense of scarcity even though there is no physical scarcity. Mental restriction will still have this same effect.
- To combat mental scarcity you'll want to work on a lot of self-talk and reminding yourself it is not now-or-never. Make a plan to have the food again by buying more, going back to the restaurant or finding a similar recipe to make on Pinterest.

physical scarcity

- Food insecurity is a real issue. If not having access to food is impacting you currently, or has in the past, this increases the likelihood of overeating due to fear of not getting enough. If you're currently experiencing this I'd encourage you to reach out to organizations that can help, such as food pantries, and if it is something in your past this may be something to consider working through with a therapist or other professional.
- Remind yourself that this is not your choice. This can prevent the diet-like mindset of setting in as a result. Sometimes we can't have everything we want in the moment- that is reality!

"but I hate cooking!"

That's okay! Intuitive eating isn't about always having a culinary adventure with each meal. Sure, that can be great! But you don't need fancy skills nor does every meal need to be mind-blowingly delicious. That's just not realistic!

On the next pages you'll find a variety of convenience meals that are super easy and follow the meal planning advice provided in this ebook!



Let's get cookin'!

protein oatmeal bowl

packet of microwave oatmeal + a scoop of protein powder + peanut butter + banana

how to:

make the oatmeal according to package directions but before cooking add a scoop of protein and a splash more water. when cooked add peanut butter and banana on top

tips:

get creative with toppings and fruit!



super easy yogurt parfait

yogurt + granola + berries + nuts

how to:

add everything to a bowl and enjoy (or right in the yogurt cup!)

tips:

fresh, frozen or canned fruit works of any kind; any type of nut or seed is great- could also sub in some peanut butter



lox bagel sandwich

bagel + lox (smoked salmon) + cream cheese
+ side of berries

how to:

toast your bagel as desired, add lox/salmon and cream cheese. serve with berries on the side.

tips:

fresh, frozen or canned fruit works of any kind; could also sub lunch meat in for salmon!



chicken salad wrap

store bought chicken salad + lettuce leaves + flatbread wrap + apple

how to:

add lettuce leaves to the wrap, fill with chicken salad and roll it up! serve with an apple.

tips:

use any kind of store bought salad or make your own by pairing shredded chicken with ANY sauce! (try buffalo or bbq sauce!)



pre-prepared salad

pre-prepared salad + lunch meat

how to:

grab yourself a prepared salad and simply add lunch meat for protein!

tips:

use any kind of store bought salad!



warmed up salad kit

1 salad kit (cabbage based) + cooked rice (can use microwave!)
+ ground turkey (could sub chicken, fish or tofu!)

how to:

warm up the salad kit contents in a pan or even in the microwave (just the veggies!) then serve warmed veggies with cooked rice + protein source. top with the toppings & sauce from the package!

tips:

cook turkey in a little soy sauce! add extra veggies (cauli rice actually works great here) if serving a few people)



super easy stir fry

frozen microwavable veggies (any kind- broccoli or green beans are great) + rice + protein source (ground meat is easy or even leftover grilled chicken or tofu!) + store bought stir fry sauce

how to:

cook veggies in microwave. cook protein source. add protein & veggies to a pan, add sauce and warm. serve over rice.

tips:

you can also use fresh veggies and steam them. add toppings as desired like green onion or sesame seeds



minimal prep veggie burgers

frozen veggie burgers + burger buns + toppings as desired + frozen fries + frozen microwavable bag of veggies

how to:

cook veggie burgers according to the box; serve with buns & toppings of choice. add veggies!

tips:

thick slices of tomato are amazing, hummus is a great spread!



taco Tuesday but ANY day!

ground meat (could sub textured vegetable protein for plant based!) + taco seasoning + tortillas + lettuce + salsa + frozen microwave veggies

how to:

brown meat with taco seasoning (or prepare TVP then mix it in) serve in tortillas with lettuce + salsa. add microwave veggies!

tips:

can use any protein source! feel free to add cheese, avocado, sour cream, etc.



no fuss salad kit

1 salad kit (any kind! I like this southwest) + any carb (rice, potatoes, pasta!) + protein source (chicken, fish or tofu!) + a little extra lettuce to bulk it up if serving multiple people

how to:

just add the protein, carb and additional lettuce to the salad kit and enjoy!

tips:

add a little salsa on top or avocado for extra flavor! use taco seasoning when cooking protein



crockpot ranch chicken tacos

1 lb boneless skinless chicken breasts + 1/2 jar of salsa + 1 packet ranch seasoning + tortillas + lettuce + serve with broccoli

how to:

add chicken, salsa and ranch mix to a crockpot and cook on low for ~8 hours. shred chicken with a fork. serve in tortillas with lettuce and a side of broccoli!

tips:

double the recipe for leftovers! could also make into taco salads and serve with rice



crockpot chicken stir fry

1 lb boneless skinless chicken breasts + 1/2 cup store bought stir fry sauce (like teriyaki!) + microwavable veggies + rice

how to:

add chicken and sauce to crockpot and cook on low for ~8 hours. shred chicken with a fork. stir in cooked microwave veggies and serve over rice!

tips:

use any microwave veggies like carrots, stir fry blend, broccoli or green beans. use microwave or minute rice for even more ease!



crockpot Italian chicken and potatoes

1 lb boneless skinless chicken breasts + 4 small-medium potatoes + 1/2 cup Italian dressing

how to:

add cubed chicken, diced potatoes and salad dressing to a crockpot and cook on low for ~8 hours. shred chicken with a fork. serve with microwavable veggies

tips:

try using sweet potatoes or even different dressings!



crockpot beef stroganoff

2 lb cubed stew meat or beef sirloin + 2 cans sliced mushrooms + 1 packet dry onion soup mix + 1/2 can cream of mushroom soup + egg noodles + frozen microwave veggies

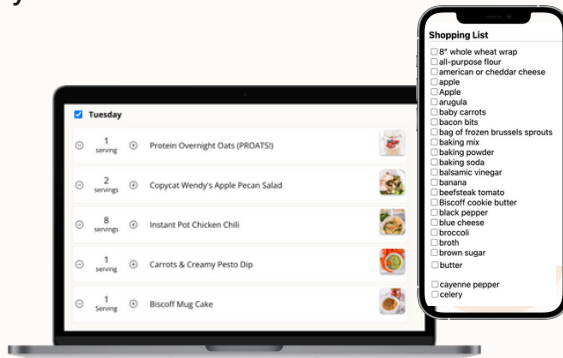
how to:

add sirloin, mushrooms, onion soup mix, and cream of mushroom soup to the crockpot and cook for ~8 hours on low. serve over egg noodles and with veggies.



want more recipes and tips?

Be sure to checkout the recipe index and meal planner inside of The SociEATy! It's filled with easy recipes and sample meal plans that will help you nourish both your body and soul as you learn to become an intuitive eater. Plus? The meal planning tool will automate a grocery list based on the recipes you choose!



explore the
sociEATy

<https://members.colleenchristensennutrition.com/login/>

Need more tips on how to grocery shop and eat intuitively? Be sure to post in The SociEATy Facebook group and ask the community for any guidance, questions or get support! You can also submit any questions your have for our weekly group coaching calls.



facebook group

<https://www.facebook.com/groups/TheSociEATy>



coaching calls

<https://members.colleenchristensennutrition.com/coaching-events/>