

CART SMART



TIPS & STRATEGIES FOR HEALTHY GROCERY SHOPPING



SAVE TIME, SAVE MONEY & STAY ON TRACK



Let's face it...

There are some chores you can speed through — like loading and unloading the dishwasher or folding the laundry.

Others, like caring for houseplants and reorganizing a closet, take a little more attention and thought.

And then there's GROCERY SHOPPING, which requires both SPEED and ATTENTION to get it done in a way that serves:

- ✓ ***Your goals***
- ✓ ***Your health***

- ✓ ***Your schedule***
- ✓ ***Your wallet***



In fact, grocery shopping is more than just a chore — **it's a basic LIFE SKILL a lot of us take for granted!**

That's because the foods you choose become the meals you eat to nourish and fuel your body.

We created this guide to help you simplify and streamline your grocery shopping so you can save time and money — AND make it easier to hit your goals.

Inside you'll find everything you need to streamline your shopping trips for major results!



Let's do this!

Jack Wheeler

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6 Week Challenge
360fitness.ca/6weeks





Grocery Shopping 101

SOME QUICK STATS:

- ➡ *People make an average of 8 trips a month to the grocery store¹*
- ➡ *The average person spends more than 2 hours each week shopping for groceries*
- ➡ *In 2022, people spent an average of \$5,703 on food eaten at home (and another \$3,639 on food eaten away from home)!²*
- ➡ *Saturday is the most popular day for grocery shopping (typically Saturday is a personal/family day as well.)*

That's a lot of time and money.

There's good news:

Time-efficient shopping can actually HELP you make great food choices. And save time. And save money. And stay on track easier.

You just need a strategy... and a plan!

check out our

AMAZING CLIENTS



Debbie B.

She's down 4% body fat, trimmed her waist, increased energy and clothes are fitting better after her 6 Week Challenge!



Tadg M.

He lost 13lbs, gained strength, burned off body fat and improved mobility after his 6 Week Challenge!



YOUR 10-MINUTE

Cart Smart Strategy

- Do 1 “big” grocery trip a month for pantry items like oatmeal, almond butter, rice, beans, olive oil, etc. This trip may take a little longer than 10 minutes — but consider it an investment in time saved over the next few weeks!
- Once a week, use your “Cart Smart 10-Minute Sprint” guidelines to shop for perishables (produce, meat and fish, eggs, etc.).
- Keep a running list of things you need. As soon as you notice you’re running low on something, add it to the list.

HELPFUL TIP

Rely on tech (like your phone or Alexa device) to help you keep your grocery list up-to-date.



- Before you hit the store, brain storm your main meals for the week and write them down, complete with a list of any ingredients you need.
- Do a quick scan to see which perishables (dairy, produce, meats) need replenishing.
- *Go shopping!*

Later in this ebook, you’ll find TWO master shopping lists. One is for your monthly “big” grocery trip and the other is for your weekly “10-minute sprint.”



Your Pre-shop Prep

This is when a lot of the magic happens — having a clear plan is a key part of a successful grocery trip.

It takes just a few minutes of “grocery prep” time to ensure you’ll be making healthy, delicious meals, saving money, and spending LESS TIME in the store.

- #1 Create a meal plan for the coming week, and add the necessary items to the grocery list you’ve already been keeping*
- #2 Scan the fridge, pantry, and cabinets to see if you’re running low on any perishables. Take a pic on your phone to reference.*
- #3 Organize your list according to your store’s layout*
- #4 If you feel the least bit hungry right before you go shopping, eat a healthy snack so you aren’t tempted by junk food²*
- #5 If possible, go to the store when it’s not busy (i.e., not on a Saturday afternoon)*
- #6 Give yourself a time limit for shopping the inner aisles, like 5 minutes!*

CLEAN AND WHOLE-FOODS-BASED

Monthly Grocery List

Your
BIG SHOP

- *Even though this trip will take longer than 10 minutes, stay focused on what's on your list to avoid temptation.*
- **Repeat this mantra: Necessary aisles only! This will save you time AND money.**
- *Customize this list based on your needs and household habits.*

GRAINS & LEGUMES

- ☐ Quinoa
- ☐ Rice
- ☐ Lentils
- ☐ Chickpeas
- ☐ Potatoes
- ☐ Rolled oats
- ☐ _____
- ☐ _____
- ☐ _____

CANNED & JARRED GOODS

- ☐ Diced tomatoes
- ☐ Coconut milk (unsweetened)
- ☐ Natural almond or peanut butter
- ☐ Low-sodium vegetable broth
- ☐ Canned beans (e.g., black beans, kidney beans)
- ☐ _____
- ☐ _____
- ☐ _____

NUTS, SEEDS & DRIED FRUITS

- ☐ Almonds
- ☐ Walnuts
- ☐ Chia seeds
- ☐ Flaxseeds
- ☐ Dried (unsulfured, unsweetened) fruits
- ☐ _____
- ☐ _____
- ☐ _____

NATURAL SWEETENERS & OILS

- ☐ Raw honey or maple syrup
- ☐ Coconut sugar
- ☐ Extra virgin olive oil
- ☐ Coconut oil
- ☐ _____
- ☐ _____
- ☐ _____

HERBS, SPICES & CONDIMENTS

- ☐ Sea salt
- ☐ Black pepper
- ☐ Turmeric
- ☐ Cinnamon
- ☐ Garlic powder
- ☐ Italian seasoning
- ☐ Coconut aminos
- ☐ _____
- ☐ _____
- ☐ _____

HOUSEHOLD ESSENTIALS

- ☐ Eco-friendly laundry detergent
- ☐ Biodegradable trash bags
- ☐ Toilet paper
- ☐ Natural cleaning products (all-purpose cleaner, dish soap)
- ☐ Paper towels
- ☐ _____
- ☐ _____
- ☐ _____

PERSONAL CARE

- ☐ Natural shampoo & conditioner
- ☐ Toothpaste
- ☐ Body wash
- ☐ Deodorant
- ☐ _____
- ☐ _____
- ☐ _____

WEEKLY CART-SMART

10-Minute Sprint!

- Make this list your own, based on healthy foods and meals that you love.
- Focus on seasonal produce (local if possible!) for freshness and better pricing.
- Check the expiration and “best by” dates on perishables like milk, eggs, meat, etc.
- Give yourself bonus “staying organized” points for checking items off as you put them in your cart.

➡ FRESH FRUITS

- ☐ Apples
- ☐ Bananas
- ☐ Berries (strawberries, blueberries, etc.)
- ☐ Oranges
- ☐ Seasonal fruits (e.g., peaches in summer, pears in fall)
- ☐ _____
- ☐ _____
- ☐ _____

➡ FRESH VEGETABLES

- ☐ Leafy greens (spinach, kale, mixed salad greens)
- ☐ Broccoli
- ☐ Bell peppers
- ☐ Carrots
- ☐ Zucchini
- ☐ Seasonal vegetables (e.g., asparagus in spring, squash in fall)
- ☐ _____
- ☐ _____
- ☐ _____

➡ DAIRY & EGGS

- ☐ Milk or dairy alternative
- ☐ Greek yogurt
- ☐ Cheese (feta, goat, etc.)
- ☐ Free-range eggs
- ☐ _____
- ☐ _____
- ☐ _____

➡ MEAT & SEAFOOD

- ☐ Chicken breast or thighs
- ☐ Lean beef or turkey
- ☐ Fish (salmon, tilapia, etc.)
- ☐ Shrimp or other seafood
- ☐ _____
- ☐ _____
- ☐ _____

➡ BREAD & BAKERY

- ☐ Whole grain or sourdough bread
- ☐ Tortillas (whole wheat or corn)
- ☐ _____
- ☐ _____
- ☐ _____

➡ REFRIGERATED ITEMS

- ☐ Hummus
- ☐ Tofu or tempeh
- ☐ Fresh pasta
- ☐ Sauerkraut/kimchi/pickles
- ☐ _____
- ☐ _____
- ☐ _____

➡ FROZEN FOODS

- ☐ Frozen fruits (for smoothies)
- ☐ Frozen vegetables (peas, green beans, etc.)
- ☐ Frozen seafood or plant-based protein alternatives
- ☐ _____
- ☐ _____
- ☐ _____

Ready to take your NEXT STEPS?

At 360 Fitness, our mission is to help everyday folks live life to the fullest and enjoy every step along the way.

We work with busy adults who want to feel their best inside and out and live a balanced lifestyle at the same time. If you're looking to get back into your favorite clothes and get that spring back in your step we are the fit for you.

Ready to Start?

THE 6 WEEK CHALLENGE

6 weeks of personal training, nutrition coaching, accountability and support!



We'd love to be part of your fitness & wellness journey.



Jack Wheeler

360 Fitness

Founder and CEO

360fitness.ca/6weeks

ALEKSANDRA

6 Week Challenge Participant

"I feel stronger, I learned lots about exercise, I have more energy and I'm feeling more confident!"





360
FITNESS

6WEEK **Challenge**

WORK HARD. WIN BIG.

REFERENCES

- 1 <https://moneyzine.com/personal-finance-resources/grocery-shopping-statistics/>
2. <https://www.bls.gov/news.release/cesan.nr0.htm>