FAT LOSS FEAST

THE HEALTHY SHOPPING GUIDE

A HEALTHY DIET STARTS AT THE SUPERMARKET BUT A SIMPLE TASK LIKE GROCERY SHOPPING CAN GO BADLY WRONG, TURNING YOUR WEEK FROM BEING A HEALTHY ONE TO A VERY UNHEALTHY ONE.

HERE ARE SOME TOP TIPS ON HOW YOU CAN MAKE THE MOST OUT OF YOUR WEEKLY SHOP.

First Quick Tip!

OH AND BEFORE WE EVEN GET STARTED, THE FIRST TIP IS IF YOU'VE GOT A TODDLER AND DON'T WANT THEM TO RIP JARS OF SAUCE OFF THE SUPERMARKET SHELF OR LIE ON THE FLOOR SCREAMING, TRY AND DO YOUR SHOPPING ALONE. THE STRESS FROM THIS WILL MAKE YOU BUY EXTRA CHOCOLATE AND THAT'S NEVER GOOD.

Fail to Prepare, Prepare to Fail.

IF YOU GO INTO THE SUPERMARKET BLIND AND WITHOUT A PLAN, YOU'RE WAY MORE LIKELY TO GO OFF TRACK AND PICK UP THINGS THAT WILL INCREASE YOUR WAISTLINE AND NOT REDUCE IT. PLAN AHEAD AND KNOW EXACTLY WHAT YOU'RE GETTING.

Look at the Labels!

JUST BECAUSE IT'S MARKETED AS BEING HEALTHY DOESN'T MEAN IT IS. IF IT HAS A INGREDIENT LIST THAT READS LIKE A CHEMISTRY EXPERIMENT OR ONE OF THE FIRST INGREDIENTS IS SUGAR, IT'S SOMETHING THAT SHOULD PROBABLY BE AVOIDED. ALSO IT'S VERY IMPORTANT TO TAKE NOTE OF THE CALORIES. IF SOMETHING IS SUPER HIGH IN CALORIES, IT'S NOT GOING TO BE THE MOST DIET FRIENDLY.

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Don't go in Hungry!

YOU CAN HAVE ALL THE FOCUS IN THE WORLD IF YOU'RE FULL AND SATISFIED BUT THE SECOND YOU'RE HUNGRY, THAT'S WHEN THEM JUNK FOOD CRAVINGS SNEAK IN.

THIS CAN LEAD TO COMPLETE DISASTER WHEN YOU'RE FOOD SHOPPING.

THEM LEAN MEATS AND HEALTHY SALADS WILL MEAN NOTHING WHEN YOU'RE FILLING YOUR TROLLEY WITH CHOCOLATE, PIZZAS AND CAKE. MAKE SURE YOU'RE FULL AND FOCUSED BEFORE YOU STEP FOOT INSIDE THE SUPERMARKET.

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Don't Spend a Fortune.

A QUICK WAY TO PUT YOURSELF OFF SHOPPING FOR HEALTHY FOOD IS TO SPEND A FORTUNE ON YOUR WEEKLY SHOP.

THIS IS AGAIN WHERE PLANNING COMES INTO PLAY. PLAN TO MAKE BIG BATCHES OF MEALS INSTEAD OF LOADS OF COSTLY INDIVIDUAL MEALS AND YOU COULD CUT YOUR WEEKLY SHOPPING BILL IN HALF!

EVEN BETTER, HEAD TO WWW.FATLOSSFEAST.CO.UK/SHOP AND BUY MY 6 WEEK FOOD AND FITNESS PLAN WHICH HAS PLENTY CHEAP BATCH MEALS THAT ARE QUICK, EASY AND FAMILY FRIENDLY.

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Don't Forget Your Fruit.

FRUIT HAS BEEN RECOGNIZED AS A GOOD SOURCE OF VITAMINS AND MINERALS, AND FOR THEIR ROLE IN PREVENTING VITAMIN C AND VITAMIN A DEFICIENCIES. PEOPLE WHO EAT FRUIT AS PART OF AN OVERALL HEALTHY DIET GENERALLY HAVE A REDUCED RISK OF CHRONIC DISEASES. USDA'S MYPLATE ENCOURAGES MAKING HALF YOUR PLATE FRUITS AND VEGETABLES FOR HEALTHY EATING.

FRUIT ARE IMPORTANT SOURCES OF MANY NUTRIENTS, INCLUDING POTASSIUM, FIBER, VITAMIN C AND FOLATE (FOLIC ACID). TRY INCORPORATING BLUEBERRIES, CITRUS FRUIT, CRANBERRIES OR STRAWBERRIES.

FRUIT ALSO MAKES FOR AN EXCELLENT SWEET SNACK.

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Fill Your Basket With Veg!

NOT ONLY DOES VEGETABLES HAVE MANY MANY MANY HEALTHY BENEFITS, IT FILLS OUT YOUR MEALS MAKING YOUR SHOPPING BILLS EVEN CHEAPER. A CURRY FULL OF MEAT CAN GO A LOT FUTHER IF YOU FILL IT WITH ROASTED COURGETTE, PEPPERS AND ONIONS FOR EXAMPLE.

TASTIER MEALS, BIGGER MEALS, HEALTHIER MEALS AND CHEAPER MEALS ALL OFF ADDING VEG TO YOUR DISH. WHAT'S NOT TO LIKE ABOUT THAT?!?

OH AND I HAVE A QUESTION FOR YOU.

WHAT IS YOUR BIGGEST HEALTHY EATING STRUGGLE? EMAIL ME AT JOE@FATLOSSFEAST.CO.UK WITH YOUR ANSWER, I WANT TO HELP FOR FREE!

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