

Smart Shopper Guide

30 Tips

to find the BEST deals
for your BEST health
at the grocery store!

SMART SHOPPER GUIDE

Before You Go to the Store

1. MAINTAIN A SHOPPING LIST.

Every visit to the grocery store incurs additional time and expenses on gas. However, by maintaining a shopping list, you can avoid unnecessary trips for individual items. Reducing the number of visits to the supermarket also helps in curbing impulsive purchases.

2. DON'T SHOP HUNGRY OR ANXIOUS.

Regardless of the grocery store, there will always be temptations for impulse purchases. If you enter the store on an empty stomach, these temptations will probably find their way into your shopping cart, resulting in nothing to eat just a couple of days later. Therefore, it is crucial to exercise caution and be mindful of the choices while grocery shopping.

3. ASK GOD TO DIRECT YOU TO THE BEST DEALS.

Finances are real. As we all know, grocery prices are going up in price. **Here's the most important tip to take with you to the grocery store - God knows the desires of your heart. Never underestimate what He can do!** He knows your budget, and He can help you find the specials so that you can feed your family well.

Watch my Smart Shopper Guide Video



SMART SHOPPER GUIDE

Know the Store

4. STAY FOCUSED.

No matter the grocery store, always keep in mind that everything is about real estate. Companies pay to be at eye level. This effect price and impulse.

The same is true of end-caps, at the end of each aisle. Companies pay a high premium to be noticed by you. Stay focused, and only purchase if it is on your list.

5. EXPLORE THE PRODUCE SECTION.

It is the most beautiful section of the entire store with all of the colors and vibrancy and textures. Explore this section and find new and delicious flavors for your family.

I want you to eat at least seven cups minimum of vegetables per day.

6. CHOOSE ORGANIC LEAFY GREENS.

You may think, "organic is too expensive". As all prices are rising, surprisingly, conventionally grown produce prices have increased more than organic options.

When you shop for lettuce and other leafy greens, you want to make sure it looks fresh, crisp, and is organic.

Watch my Power Meal Prep Video



SMART SHOPPER GUIDE

7. SAVE MONEY BY WASHING AND PREPARING AT HOME.

Pre-cut and pre-washed greens offer convenience but come with a higher price tag, potential bacterial contamination (although minimized with disinfectants), and a slightly diminished flavor compared to freshly cut greens.

8. ENJOY MUSHROOMS IN YOUR DAILY DIET.

Mushrooms are beneficial for our health because of the [Beta Glucan](#) effect they give us. They're also an excellent source of protein. Dehydrated mushrooms are just as nutritious. These mushrooms can be rehydrated in any of your soups or gravies.

9. INCLUDE GINGER AND TURMERIC.

Ginger root and turmeric root are priced by the pound. You don't have to buy the entire piece, just break off the amount you need. Try them in your smoothies!

10. CHOOSE LOCAL AND IN-SEASON PRODUCE.

Purchasing seasonal produce is typically less expensive than buying that same item during off-season. This relates to the simple concept of supply and demand; in-season produce is in large supply, so it is sold at cheaper prices to maintain demand.

Produce is more expensive in its off-season because it costs more to import from regions of the country/world where production can happen year round. Buying seasonal produce not only supports your local farmer, but it also supports your wallet!

SMART SHOPPER GUIDE

11. KEEP YOUR EYES ON POTATOES!

Potatoes come in different shapes, sizes, and colors: Purples, Yukon Golds, Red Potatoes (these are highest in nutritional value). The young potatoes just have a higher bang for your buck as far as nutrition, they cook faster and they're creamier.

Your red potatoes are better quality because they don't burst into glucose so quickly. Your Idaho is the quickest as far as going into a glucose burst. So with diabetics, red potato would be a better option.

12. COMPARE PRICES OF NUTS AND DRIED FRUIT TO GET THE BEST DEAL.

The bulk clamshell containers typically are more economical than buying bagged varieties. They are priced by the pound.

13. SHRED OR SLICE YOUR CHEESE.

Preservatives and additives to bagged shredded cheese prevent it from sticking together. The added starches make your cheese less creamy.

Now, don't let the price tag of that 8-ounce cheese block entice you into buying an 8-ounce bag of shredded cheese. You may not be aware of this but there's actually MORE CHEESE in a block compared to the similar weight of shredded ones!

Plus, those preservatives added only hinder the flavor. This prevents you from tasting the richness of flavor of cheese, which is not what God intended.

Watch my Potato Video



SMART SHOPPER GUIDE

14. CHOOSE WILD-CAUGHT FISH, NOT FARM-RAISED.

Wild-caught fish are caught by fishermen in their natural habitats — rivers, lakes, oceans, etc. The major benefit of wild-caught salmon is that the fish eat organisms found in their existing environment, which is much more diverse than what farmed fish are fed.

Additionally, wild-caught fish have the benefit of not containing antibiotics since they don't have the same risk of disease as farmed seafood.

15. CUT YOUR OWN MEAT.

When purchasing meat, it's like buying the pre-cut produce, buy a large cut of meat and cut it up yourself. Or get your meat directly from a farmer. That way, it's typically less expensive, and you are aware of how that cow has been raised.

16. UNDERSTAND MEAT LABELS.

If I'm going to buy meat from the grocery store, I'm looking for organic. And when I can find it, I will stock up because the prices seem to keep going up.

For ground meat, you're looking at fat percentages: 90%, 93%, 85% fat. You may think you want the highest percent of lean, but we need healthy fats in our diet. To be quite honest, the best tasting ground meat is going to be 85%.

You want to choose meat that says no antibiotics and no added hormones to the animal's diet.

The animal also needs to be grass fed. But keep in mind that grass fed can mean a couple of different things. Grass fed is supposed to be from the time it's been weaned from mom until the day of butcher. It can also mean it was grass fed until it was moved into a feedlot and then it was fed grain. Look for 100% Grass Fed.

SMART SHOPPER GUIDE

17. BE MINDFUL OF SHELF PLACEMENT.

What's at the kids' eye level? Often you'll see bright colors that grab the kids' attention. These products tend to be sugary and expensive.

A manufacturer is going to pay less to be on the bottom than to be at eye level. Keep that in mind when you're shopping. Check higher and lower shelves to see if there is a similar product at a better price!

18. CHECK THE PRICE PER OUNCE.

A good store is going to give you the price per ounce. Sometimes just looking at the main prices makes it difficult to tell which one item is cheaper. Look at the price per ounce to know if you are getting the best deal.

19. CHOOSE ORGANIC TEA AND COFFEE.

No matter what tea you buy, be sure it is organic. [Make sure you understand the labels and the packaging.](#) Avoid tea bags made from plastic since you do not want to have plastic steeping in your hot water. The best option is always going to be looseleaf.

[The coffee aisle is very similar](#) - buy organic because of the amount of rodenticides, pesticides, and fungicides that are used on the coffee beans. Same is true if you're buying it in a bag or in a container or if you're doing the Keurig.

[Watch my Tea Benefits Video](#)



SMART SHOPPER GUIDE

20. READ ALL LABELS.

Most packaged items contain refined sugars, artificial ingredients, bad oils, and so much more. This is why you are better off purchasing whole ingredients and making your own, which I share in many of my [recipes](#) and [videos](#).

21. SKIP THE PACKAGED JUICE.

The juices sold in the juice aisle are more of a dessert. The vitamin C is even pasteurized, so the nutrients have already been heated and eliminated. Purchased cold-pressed juice sold in the refrigerator or make your own.

22. BE CAREFUL WHEN BUYING CANNED FOODS.

If it doesn't say BPA free, then you need to pass on it and find one that is BPA free. This is very important because of how BPA interferes with your ability to function and to focus.

23. DRIED VS CANNED BEANS.

I have dried beans and lentils in each one of my prepper containers because it's food that I can satisfy my family well. If you're on a tight budget, or if you just want to save money, then buy them dried.

Plus, organic dried beans are BPA-free and have zero preservatives. You've saved money, you've gained nutrition, and it's just a win.

[Watch my Prepper Pantry Video](#)



SMART SHOPPER GUIDE

24. SHOP THE BEST OILS.

When it comes to oil for cooking, choose a fruit oil - grapeseed oil, olive oil, or avocado oil. Choose oil made from one country, check the harvest date, and be sure it is in a dark bottle that prevents it from going rancid.

25. CHOOSE YOUR SPICES WELL.

At the grocery store, spices are categorized in alphabetical order. Choose organic spices, but don't buy more than what you need.

You don't want a jar of spices to be in your cabinet for six years. It should only be six months to one year max, so don't buy more than what you're going to use in a short time period.

Some stores sell spices by the ounce. This can be a great way to purchase a small amount of a new spice to see if your family will enjoy its flavor!

Watch my Spice Freshness Video



**EXPLORE ONLINE
NUTRITION COURSES!**

SMART SHOPPER GUIDE

Learn To Cook

26. MAKE YOUR OWN SALAD VS. PRE-MADE.

Purchasing a pre-made salad kit may save you time, but it won't save you money! Pre-packed salads often lack nutrition - they include calorie-dense croutons and dressings with bad-oils.

Browsing the produce section allows you to see what is the most fresh, and allows you to experiment with new flavors on your salads!

Mix things up by adding fruit and nuts to your salad. You'll find that your family is full for longer with the extra fiber and protein!

27. SKIP PRE-WRAPPED POTATOES.

Bypass the expense of these packages. Just buy a regular potato or regular sweet potato and you can cook that yourself in either an air fryer or a pressure cooker just as quickly.

Watch my Salad Meal Prep Video





28. QUICK DINNERS AT THE GROCERY STORE VS. DRIVE-THRU.

We all have busy days. When you need a quick meal, ready made food at the grocery store can be less expensive than a restaurant.

Many grocery stores now have fresh ingredients packaged together for you to cook at home. This will be more expensive than purchasing items individually, but can save you time.

29. FLAKE YOUR OWN OATS.

When purchasing oats it costs more for each level of processing. Unprocessed oats are the least expensive. Steel cut oats are chopped and old-fashioned oats are flaked. By flaking at home you can purchase the cheapest option!

[Learn About Grain Mills](#)

[Learn Where to Purchase Bulk Grains](#)

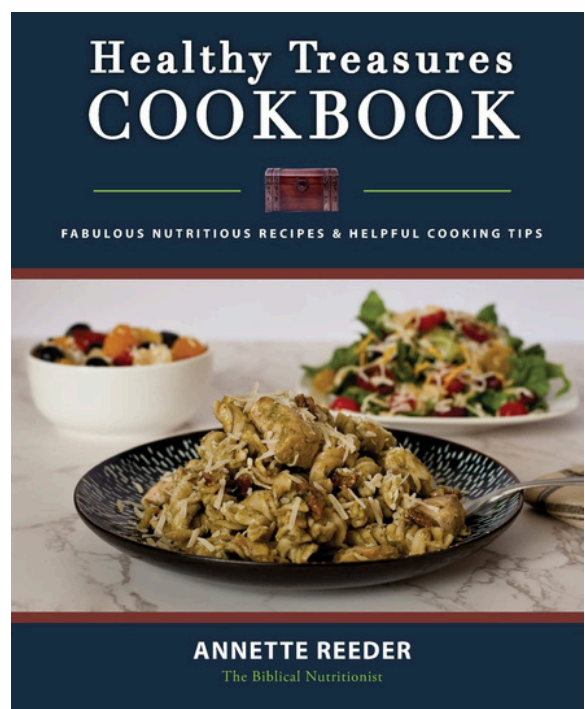


30. WHAT YOU SEE IN THE STORE - LEARN TO MAKE YOUR OWN. TASTIER & HEALTHIER!

Think of one packaged food item that you eat a lot of. This week, search for a recipe to make it yourself. Use all the tips you've learned to purchase the freshest ingredients!

You may find yourself never going back to pre-made!

My best-selling cookbook is an absolute must-have!
Get your copy today and start whipping up nutritious meals that you and your family will enjoy for years to come!



Recommended Kitchen Tools

** Affiliate links - a commission will be paid to our ministry upon purchase - thank you! **



FLAKE LOVERS FLAKER

This flaker can produce roughly 100 grams of fresh flakes per minute at the touch of a button. For context, it takes about 2 minutes to flake a half cup of oat groats which is enough for about 2 servings of hot oatmeal cereal.

[Buy this flaker now](#)

[Watch my how to flake oats video](#)

ORGANIC VITA CLAY POT

VitaClay Smart Organic Clay Pot Multi Cooker - Toxin Free Clay Rice Cooker, Delay Start Slow Cooker, Stew Cooker, Electric Soup Pot, Yogurt Maker, with Natural Earthen Clay Crock, 6 Cup / 3.2-Quart

[Buy this Instant Pot now](#)

[Watch my healthy recipe videos](#)



VITAMIX BLENDER

Discover the Certified Reconditioned Explorian Series Blender and see how easy it is to create smoothies, frozen desserts, hot soups and more—at a price that blends with your budget.

[Buy the Vitamix Reconditioned Blender](#)

[Watch my smoothie recipe videos](#)





Follow The Biblical Nutritionist

Click the icons below



Learn more about
Biblical Nutrition!

Visit our website:
TheBiblicalNutritionist.com