

# ASK THE NUTE GURU

THE NUTE (NUTRITION) GURU IMPARTS WISDOM ABOUT THE IMPORTANCE OF NATURAL, WHOLE-FOODS NUTRITION FOR MIND/BODY WELLNESS.

Q

Hey Nute Guru, I live on my own and try to eat healthfully. Do you have any shopping tips for a single that will keep me eating right without having my food go bad before I can use it?

A

You are not alone (pun intended)! Lots of folks who live alone struggle with this problem. Fresh produce is great, but nobody wants to waste food or money, so...give this chart a try and see how it works for you. It doesn't cover everything, but it's a great start.

<b>PRODUCE</b> 			
<input type="checkbox"/> 1 quart berries	<input type="checkbox"/> 2 lemons	<input type="checkbox"/> 2 sweet potatoes	<input type="checkbox"/> 1 cucumber
<input type="checkbox"/> 4 bananas	<input type="checkbox"/> 2 limes	<input type="checkbox"/> 2 bags salad greens	<input type="checkbox"/> 1 pound carrots
<input type="checkbox"/> 1 melon	<input type="checkbox"/> 1 bunch broccoli	<input type="checkbox"/> 1 head garlic	<input type="checkbox"/> 2 avocados
<input type="checkbox"/> 4 pieces, oranges, apples, and/or pears	<input type="checkbox"/> 1 bunch kale	<input type="checkbox"/> 3 onions	<input type="checkbox"/> 1 bunch fresh herbs such as basil or parsley
	<input type="checkbox"/> 2 bell peppers (any colors)	<input type="checkbox"/> 1 pint cherry tomatoes	
<b>PROTEINS</b> 		<b>GRAINS</b> 	
<input type="checkbox"/> 6-8 ounces boneless, skinless chicken breast	<input type="checkbox"/> 1 package lean ground turkey	<input type="checkbox"/> 1 loaf whole-grain bread	<input type="checkbox"/> 1 package brown rice
<input type="checkbox"/> 6-8 ounces seafood (tilapia, cod, salmon, shrimp)	Vegetarian alternatives: <input type="checkbox"/> 1 package extra-firm tofu	<input type="checkbox"/> 1 package whole-grain pita bread	<input type="checkbox"/> 1 container plain oatmeal or rolled oats
<input type="checkbox"/> 6-8 ounces lean beef such as flank steak	<input type="checkbox"/> 1 package tempeh	<input type="checkbox"/> 1 pound whole-grain pasta	<input type="checkbox"/> 1 box whole-grain cereal and/or granola
		<input type="checkbox"/> 1 package plain quinoa (any color)	
<b>DAIRY AND EGGS</b> 		<b>CANNED GOODS</b> 	
<input type="checkbox"/> 1 dozen eggs	<input type="checkbox"/> 3 individual containers plain Greek yogurt and/or low-fat regular yogurt	<input type="checkbox"/> 1 can water-packed tuna	<input type="checkbox"/> 1 can (28 ounces) no-salt-added crushed tomatoes
<input type="checkbox"/> 1/2 gallon milk (low-fat, skim, or dairy-free)	<input type="checkbox"/> 1 small container low-fat cottage cheese	<input type="checkbox"/> 1 can chickpeas or black beans	<input type="checkbox"/> 1 can low-sodium chicken or vegetable broth
<input type="checkbox"/> 8 ounces sliced low-fat Swiss cheese			
<input type="checkbox"/> 1 container crumbled feta cheese			
<b>SNACKS</b> 		<b>PANTRY STAPLES</b> 	
<input type="checkbox"/> Nuts of choice	<input type="checkbox"/> Olive oil	<input type="checkbox"/> Honey or maple syrup	<input type="checkbox"/> Sriracha
<input type="checkbox"/> Trail mix (nuts, seeds, dried fruit, dark chocolate)	<input type="checkbox"/> Balsamic vinegar	<input type="checkbox"/> Natural peanut butter or almond butter	<input type="checkbox"/> Ground cinnamon
<input type="checkbox"/> Whole-grain crackers or pretzels	<input type="checkbox"/> Kosher salt	<input type="checkbox"/> Spicy mustard	<input type="checkbox"/> Italian seasoning
<input type="checkbox"/> Dried fruit (cranberries, raisins, apricots)	<input type="checkbox"/> Black pepper	<input type="checkbox"/> Ketchup	<input type="checkbox"/> Dried herbs
	<input type="checkbox"/> Reduced-sodium soy sauce		
<b>FROZEN</b> 		<b>BEVERAGES</b> 	
<input type="checkbox"/> 1 bag unsweetened berries	<input type="checkbox"/> 1 box multigrain waffles	<input type="checkbox"/> Sparkling water	<input type="checkbox"/> Tea bags (black, white, or green)
<input type="checkbox"/> 2 bags unsalted vegetables (any kind or mixes)			