



MOXIFIT™

A Healthy Grocery Store Trip

Navigating the grocery store can be confusing, then add to it you have started on this path to weight loss and it can be even harder. The best way to make the most out of a grocery trip while on the Moxifit program steps is to keep a hard copy of your program sheet in your glove box, purse or take a picture of it with your phone so you can reference it while at the store. Then there is no questions about what you need. Without it, something will end up in your cart that shouldn't. During the first 30 days, food items that are very tempting to you should not be in your house or where you are aware of them. Ask for the support of your family or housemates, losing weight is not a natural process and you have to give yourself every opportunity to succeed.

Produce

Start in the produce section and fill your cart with fresh vegetables

- It will take some experimenting to find out exactly how much produce you will go through - you do not want to purchase too much so that it spoils. Buy 2-3 days worth of produce at a time to ensure it stays fresh - between 8 and 12 cups of vegetables.
- Some estimates on portions:
 - 8 oz = 1 cup*
 - 1 medium bell pepper or zucchini is about 1 cup*
 - 1 package of mushrooms is about 2 cups*
 - 1 head of broccoli or cauliflower is 3-4 cups*
- Always keep fresh, leafy greens handy so you can have a salad.
- Buy 2-3 types of vegetables so you have variety and options.
- Keep some cleaned, cut up & raw vegetables on hand for snacks.

Protein

The meat department will become a familiar place

- Buy bulk when items are on sale, e.g. “family pack” items - you can measure 8 oz. portions when you get home and put the extra portions in the freezer for later.
- When buying from the counter, do not hesitate to ask your butcher if they can divide your section(s) and package in 6-8 oz. servings - especially items like fish filets that may be trickier to measure.
- Purchasing frozen items, such as fish filets, seafood, and chicken can add convenience and help cut down on costs as well. Just check the ingredients to make sure there is no added sodium, sauces, sugars, or artificial ingredients.
- Don't forget eggs! They make great snacks, additions to salads, and offer a great way to split your whole protein between breakfast and dinner.

Dairy

Dairy items are not allowed on during the program unless you are on the flex plan

- Approved no-calorie creamers (must be coached approved) are okay in small amounts

Aisles

As a general rule, stay away from the inside aisles, the only items needed down the inside aisles should be the following

- Dried spices, herbs, salt
- Olive oil or grape seed extract
- Approved no-calorie dressings and sauces (always check with your coach)
- Canned protein option (e.g. tuna, chicken, crab, etc.) make sure these are low sodium and packed in water
- Vegetarian protein options, such as tofu
- Stevia, Splenda, and other approved sweeteners
- Frozen vegetables - keep on hand for convenience or “emergencies” make sure there are no added sauces, sodium, or sugar
- Steamer packs are a great way to get in cooked select vegetables when you are limited on time