

How to Shop

T H E G R O C E R Y

Smart Shopper Guide

31 Tips to Find The
BEST Deals For
Your BEST Health



Before You Go to the Store

Pray ~ Write a list ~ Don't shop hungry and anxious.

1. PRAY FOR GUIDANCE AS YOU ENTER THE STORE WITH 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. AVOID IMPULSE-BUYING.

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 where you may end up with 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. But here's the most important tip to take with you to the grocery store - and that is God knows the desires of your heart. He's even clapping with the vendor outside. He knows your budget, and he can help you find the specials.



Know the Store

How it is laid out, how food is placed in the store, and where the bargains are.

4. STAY FOCUSED.

No matter the grocery store, always keep in mind that everything is about real estate. It's about where it is located. So the companies that are putting out certain products have paid a certain amount of money to be in the eye level place. This effect price and impulse.

The same is true of end-caps. Located at the end of each aisle, this is prime real estate. Companies pay a high premium to be noticed by you. Again, it is about impulse.

5. TAKE ADVANTAGE OF THE PRODUCE SECTION.

Every grocery store is going to show you the produce section. It is the most beautiful section of the entire store with all of the colors and vibrancy and textures. So take advantage of this and find some produce that's going to be good for your family.

Now in the produce section, you're going to find the Greens leafy greens are so nutritious and we need them in our diet. In fact, I want you to eat at least seven cups minimum of vegetables per day.

6. CHOOSE ORGANIC LEAFY GREENS.

Sometimes you may be thinking organic is too expensive. But it is not as much today as it used to be years ago because all of the grocery prices have risen and the non organic has actually risen more than the organic which is strange, but it's how things are happening.

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

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7. PACKAGED VS. PRE-CUT

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 so beneficial for our health because of the Beta Glucan effect they give us. They're also an excellent source of protein. There are also dehydrated mushrooms, and these are just as nutritious. The water was just eliminated, but 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, and you can actually just break off just the amount necessary just to try ginger in your smoothies. So don't be afraid of the price. It's by the pound, pinch off what you want to pay for and take that to the checkout.

10. CHOOSE LOCAL AND IN-SEASON PRODUCE

Purchasing seasonal produce is typically less expensive than buying that same fruit or vegetable during its 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!

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11. KEEP YOUR EYES ON THE POTATOES!

Potatoes come in different shapes, sizes, and colors! There's the purples, the Yukons, yet the little red potatoes, these are going to give you the highest 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, it's going to jump into sugar first, red potato would be a better option.

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

Now when looking at nuts or dried fruit, here's an example. The clamshell actually breaks down to \$4 a pound even though you're seeing \$6.99. But that's for 12 ounces, and the pre package is actually \$7 a pound. Another example of pricing is that organic dried cranberries are actually \$6 a pound. Whereas you buy them not packaged they are \$4 a pound. So skip the pre-packaged nuts and dried fruits to save more.

13. SHRED OR SLICE YOUR OWN CHEESE.

Preservatives and additives to bagged shredded cheese prevent it from sticking together. But the added starches make your cheese less creamy than when you shred it yourself.

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

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14. CHOOSE WILD-CAUGHT FISH AND 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 just 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, and pesticides as wild fish don't have the same risk of disease or infection as farmed seafood.

15. CUT YOUR OWN MEAT.

For shopping meats, it's like buying the pre cut up fruits and vegetables, 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 it's also more you can control how that cow has been raised.

16. KNOW YOUR FARMER WELL.

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 have been adjusted over the last couple of years.

For ground meat, you're looking at percentages. There's a 90%, a 93% and an 85% fat. You may think you want the highest percent of lean, but that's not true because we need healthy fats in our diet. To be quite honest, the best tasting ground meat is going to be your 85%.

Also, you want to choose a company that is saying 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 and it depends on the farmer.

Grass fed is supposed to be from the moment it is born. And it's been weaned from the 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. It doesn't say only grass fed, it just says grass fed.

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17. BE CAREFUL OF PLACEMENT IN THE STORE. KIDS' EYE-LEVEL IS SUGARY AND EXPENSIVE.

There's a lot to be learned on pricing items. One is where it is pre placed in the shelves. What you want to think about is what's at the kids' eye level. So we have our bright colors that grab the kids' attention. This is all about real estate.

So a manufacturer is going to pay less to be on the bottom than they are to be at eye level. This shelf is going to cost more to the company than the other shelves. So keep that in mind when you're shopping. Because it's about impulse buys. It's about getting your attention as the shopper.

18. CHECK THE PRICE PER OUNCE.

The next thing I want you to notice is a good store is going to give you the price per ounce. Sometimes just looking at prices, you can't tell which one is cheaper. So find out if the price of the item is the total or if it is the price per ounce to know if you are getting the best deal for buying the product.

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 to what I just shared in the tea aisle - we have to 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. Even the containers may have plastic in them.

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20. READ ALL LABELS. CHECK CAREFULLY THE COOKIE INGREDIENTS THAT YOU BUY.

Most cookies sold at the store contain refined sugars, artificial ingredients, bad oils, and so much more. This is why you are better off making your own cookies, 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 - there is no nutritional value since these products are just flavored drinks and have very high sugar content. The vitamin C is even pasteurized, so the nutrients have already been heated and eliminated.

22. BE CAREFUL WHEN BUYING CANNED FOODS.

Be careful when you're 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 the IQ of your children and their ability to function and to focus.

23. DRIED BEANS 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.

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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.

Learn To Cook

Making your own meals with God's foods is better than prepared foods at the store

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

So if you were to take your own head of romaine lettuce, you would add in just a couple of radishes, some tomatoes, some cucumbers, some Brussel sprouts and some green onions. Your salad for the entire family is going to cost much cheaper whereas the bagged Romaine at a higher price. It's going to take a few minutes more to make it yourself, but you're going to feed the entire family a very delicious salad for less money.

27. SKIP PRE-WRAPPED POTATOES

For buying potatoes, what's most popular nowadays? Is it steam ready? Is it microwave ready? But they are just a quick impulse-buy and cost more when you purchase them pre-wrapped. All potatoes are already microwave ready - all you need to do is just wrap them up in plastic. But if you use a smart oven or an air fryer, they're going to cook just as fast.

So you can bypass the expense of these packages. You can bypass the expense of a pre wrapped sweet potato just by a regular potato or regular sweet potato and you can cook that yourself in either an air fryer just as quickly.





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

Now I know many of you are in a rush and you just want a quick dinner to put on the table. So you might find yourself in this aisle with ready-made meals.

We all have busy days. Yet realize you want to if you're looking at these, you're comparing them to restaurant food. So you want to know, is this cheaper than just going through a drive thru? I'm not suggesting you do either.

Typically restaurants are higher priced than buying ready-made in the grocery store. Because you're paying the server, you're paying for it to be heated. So if you're going to go to a restaurant, it's actually much faster and usually less expensive to buy it pre cooked here in the grocery store.

29. FLAKE YOUR OWN OATS.

So when we're looking at oats at the grocery store, you may get confused on the pricing. Organic oats, just the old-fashioned oats, are 20 cents an ounce, the instant oats even though they're organic, are 41 cents per ounce. The package oats are 62 cents per ounce. Now, just to give you a little of a teaching moment, steel-cut oats are sprouted. They're not flaked, but they are just cut and chopped into pieces.

Whereas flaked oats have gone through a flaker. So you're paying for processing, you're paying for added ingredients and you're paying for convenience.



30. CHOOSE HEALTHY SNACKS - AVOID THE GMO.

When you're shopping for cereals, go to the natural food aisle and not in the other cereal aisle. But you're looking for the protein, fiber and the most important nutritional facts on the back of the package. Check sugar and be sure there are no refined sugars in it.

When you're buying chips, be sure to look for the label non GMO verified. Non Gmo means no non organic chemicals could be used on that product. In the natural organic aisles you've got superb choices on snacks.

31. WHAT YOU SEE IN THE STORE, YOU CAN LEARN TO MAKE YOUR OWN... AND HEALTHIER!

When at the tortilla aisle, you can find a wide variety available. But realize what you see in the store you can also learn to make on your own. If you decide to buy, look for one that is high in fiber, no artificial colors, and non GMO.

My Recommended RESOURCES FOR YOU

THE BIBLICAL NUTRITIONIST





FLAKE LOVERS FLAKER

Flake Lovers 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](#)

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Instant Pot Duo 7-in-1 Electric Pressure Cooker, Slow Cooker, Rice Cooker, Steamer, Sauté, Yogurt Maker, Warmer & Sterilizer, Includes Free App with over 1900 Recipes, Stainless Steel, 3 Quart

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