



7 MUST-HAVE FRESH FRUITS & VEGGIES FOR HEALTHY LIVING



CHECKLIST BEFORE YOU GO TO THE STORE

- ✓ **Plan Your Trip** to save time with Apps. Make your list, know the deals.
- ✓ **Bring Your Bags** with you. Many grocers give discounts for each one.
- ✓ **Shop Early** in the day. Stores are fully stocked and no wait at checkout.

FRUITS & VEGGIES MENTIONED IN THE VIDEO

- **Organic carrots for juicing**
- **Organic kale**
- **Organic spinach packs for salads**
- **Organic celery for juicing**
- **Organic apples** (Honey Crisp is my favorite)
- **Local, organic strawberries**
- **Bananas for smoothies** (conventional is OK)

TOP “LEAN GREEN DAD APPROVED” FRESH FRUITS AND VEGGIES



Lemon in your water each morning helps with digestion, clear skin and tons of nutrients.

Apples are a great alternative snack for kids when they say they are hungry at night.



Avocados provide good fat & a bowl built in. Keep in fridge to extend their life.

Freeze **grapes** and send them as snacks in lunches. Great for a hot summer day.



Serve **Oranges**, them with breakfast or add them to your favorite green juice to sweeten up the flavor. My favorite are the sumo oranges.

WHY LOCAL?

Food purchased locally is usually picked and sent straight to the store within 24 hours. Nutrients are at their highest soonest after they are picked so it is important to get these good foods in your body as soon as possible. Buying local can help you support local farmers, make the most of the food you buy and reduce your family's carbon footprint.

USEFUL APPS



GROCERLY

Grocerly is your go-to app for grocery shopping. It provides an intelligent grocery shopping list with coupons, rebates and in-store offers.



DIRTY DOZEN

Learn what foods have the highest levels of pesticides and chemicals and buy them organic. With this app you will be armed and ready when you go to the grocery store.



FORKS OVER KNIVES

Not only can you choose the yummy meals you are going to make, but right from the app you can add the ingredients for the recipe to your shopping list for the store and check it off as you go.