



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 you have.
- ✓ **Shop Early** in the day. Stores are fully stocked and no wait at the checkout.

FRUITS & VEGGIES MENTIONED IN THE VIDEO

- Organic carrots for juicing
- Organic kale
- Organic spinach for salads
- Organic celery for juicing
- Organic apples (Honey Crisp)
- Local, organic strawberries
- Bananas for smoothies (conventional is ok)

TOP "LEAN GREEN DAD APPROVED" FRUITS AND VEGGIES



Add **Lemon** to your water every morning to help with digestion, clear skin and tons of nutrients!



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



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 them in the fridge to extend their life.



Serve **oranges** with breakfast or add them to your favorite green juice to sweeten up the flavor. We love 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



Prepear contains quick and easy plant-based meals and meal plans that can be made in 15-minutes or less. Never worry about what's for dinner again. Learn more by visiting any recipe on leangreendad.com.



Dirty Dozen helps you learn what foods have the highest levels of pesticides and chemicals and when to buy them organic.