



Step Three: Go Shopping (and Stick to the Plan!)

Now that you've mapped out your meals and made a smart list, it's time to step into the store (or shop online) with clarity and confidence. This step is all about shopping with purpose — staying connected to your nourishment goals while making it feel light, not like another task on your to-do list.

But life happens — and not every week goes to plan. That's why it's essential to always have a set of go-to staples stocked at home so that you can prepare simple, satisfying meals in minutes — even when you're tired, low on time, or haven't done your full shop.

Nourishment Staples to Always Keep at Home

These basics are your nutrition safety net. With these on hand, you'll always be able to throw together something quick, grounding and nourishing — no matter your schedule, energy or cravings.

Pantry Staples

- Brown rice, quinoa, oats
- Tinned tomatoes, beans, chickpeas, coconut milk
- Lentils (dried or tinned)
- Nut butters (almond, peanut, tahini)
- Olive oil, apple cider vinegar
- Herbal teas

Protein Essentials

- Eggs
- Canned wild-caught tuna or salmon
- Frozen chicken thighs or fillets
- Tofu, tempeh or falafel
- Good quality protein powder

Herbs, Spices & Extras (Flavour = Function!)

- Sea salt, black pepper, turmeric, cumin, cinnamon, ginger
- Dried oregano, mixed herbs, smoked paprika
- Sesame seeds, sunflower seeds, pumpkin seeds
- Cacao powder, maca, ashwagandha, shatavari (if used)
- Honey
- Mustard, tamari, miso paste, harissa

Your kitchen doesn't have to be fancy or full, it just needs to be functional and supportive. These staples can be rotated, personalised and adapted to your rhythm.

A circular portrait of Catherine Howell, a woman with long dark hair, smiling. She is wearing a floral top and is positioned in front of a wooden shelving unit with various potted plants.

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The logo for WISWY Health, featuring a stylized bamboo plant. Below the plant, the text reads "WISWY Health" and "WHAT WORKS. WHOSE?". At the bottom, the tagline "Work In Sync With Yourself" is written.

Disclaimer: This handout is based on current research and is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Consult with a qualified healthcare provider before making any significant changes to your diet or lifestyle. By following these suggestions, you acknowledge that you do so by exercising your right of choice.

P.S. Did you like this handout? Then you'll love [She Thrives Academy](#), along with my [Emotional Eating Breakthrough Blueprint](#) and [Menstrual Cycle Mastery](#) courses!

