



# Step Two: Make a Smart Shopping List

This step is all about making food shopping stress-free, focused and aligned with your goals. A clear, purposeful shopping list not only saves time and money — it helps you stay consistent with eating well and avoids last-minute food choices that leave you feeling depleted.

## **Why It Matters**

When your kitchen is stocked with nourishing, versatile ingredients, you're more likely to cook and eat in a way that energises and supports your body — even on the busiest days. Think of your shopping list as a love note to your future self.

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Use this template to map out what you need before heading to the store or ordering online. You can print it weekly or copy it into your notes app.

### **Fresh Produce**

(Base your meals around vibrant, colourful whole foods)

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### **Pantry Staples**

(Grains, tinned goods, nut butters, oils, flours, etc.)

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### **Protein Sources**

(Plant-based and/or animal-based options — think variety and balance)

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### **Dairy or Alternatives**

(Cheese, milk, yoghurt, kefir, dairy-free options)

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### **Frozen Goods**

(Frozen berries, peas, spinach)

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### **Extras (Herbs, Spices & Condiments)**

(Add flavour, nourishment and variety with ease)

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Keep a magnetic notepad or note in your phone where you can jot down ingredients as they run out during the week. This keeps your kitchen naturally replenished without added mental load.



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*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!*

