

plan your next grocery shopping trip

CHALLENGE

PLAN YOUR NEXT GROCERY SHOPPING TRIP

Plan ahead for food shopping, meal preparation and acceptable snacking. Watching what goes into your child's mouth requires effort ahead of time, but the trade-off is how much easier evening meals and eating on-the-go will be.

THE CHALLENGE

1. Plan your meals and snacks for the week ahead. Download Dr. Wei's *Shopping Guide* on drjuliewei.com.
2. Make a shopping list that includes all of the ingredients you need to purchase based on your plan.
3. Head to the grocery store! Commit to sticking to your list. Download Dr. Wei's *Nutrition Fact Label Guide* on drjuliewei.com.
4. Read labels and consider options before choosing your items.

QUESTIONS | AFTER YOUR SHOPPED

1. Notice how you feel after your grocery shopping trip. Make a few notes on how you felt as you put items into the cart. Did you read the nutrition fact label for any or most of the items you bought? What did you pay attention to when reading the label? What was the inner conversation you had with yourself as you picked each item?

2. How long did it take you to shop? _____

3. Where did you spend the most time in the store? Produce and fresh fruit? Dairy? Snacks and chips?

4. Did you choose what was on sale over what was not? Why or why not?

5. What factors drove your shopping decisions and choices you made?

QUESTIONS | AT THE END OF THE WEEK

1. Did you stick to your meal and snack plan this past week? Why or why not?

2. Did you have all the ingredients you needed for each meal? _____

3. Was it easy to prepare healthy meals? Was it easy to stick to eating healthy snacks? Why or why not?

STAY IN TOUCH

The Healthy Kids Movement

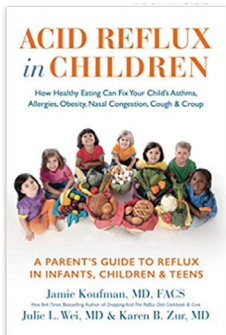
Learn more about *The Healthy Kids Movement* at www.drjuliewei.com and click on the icons below to join the conversation.



A Healthier Wei: Reclaiming Health For Misdiagnosed and Overmedicated Children

Dr. Julie Wei's first book shares tips on how to live A Healthier Wei. It expands on many topics related to MCD, such as anatomy, health care and health culture. It will also teach you how to navigate nutrition and make quick and easy meals for your family.

[**BUY NOW**](#)



Acid Reflux In Children: How Healthy Eating Can Fix Your Child's Asthma, Allergies, Obesity, Nasal Congestion, Cough & Croup

Co-authored by Dr. Julie Wei, Acid Reflux in Children is the revolutionary book for parents who want to help their children lead healthy, active lives, free of acid reflux and the many other symptoms this condition can create.

[**BUY NOW**](#)