



Day 2: Healthy Eating Cheat Sheet: Your Guide to Portion Sizes and Grocery Shopping

This download contains tons of useful information, including:

- ▶ 3 tips for easy (and healthy) eating and snacking.
- ▶ The Girls Gone Strong portion-sizing cheat sheet.
- ▶ A grocery store checklist to help you plan which produce, proteins, whole grains, and fats you want to try next.
- ▶ A bonus blank shopping list you can print out and fill in.

Read through this packet whenever you need some inspiration or guidance for your menopause nutrition plan, and feel free to print out whichever pieces are most useful to you. (We recommend keeping [the grocery store checklist](#) handy!)

At the end of the day, the most important thing isn't "eating perfectly." It's consuming foods that give you energy, that make you feel good, that you enjoy — and that help you live according to your Menopause Vision Statement!



3 Tips for Easy (and Healthy) Eating and Snacking

Take advantage of these tips to make healthy eating convenient. You can even tailor these recommendations to be specific to the nutrition practice(s) you're going to tackle over the next 28 days.

For example, if you're working on eating enough protein, prioritize the tips that will make this as easy as possible, like purchasing a pre-cooked roasted chicken to keep handy.

TIP #1: STOCK UP ON A FEW GRAB-AND-GO ITEMS

These days, grocery stores offer a ton of convenient, pre-made foods that are healthy too.

Look out for things like:

- ▶ Party trays with meats, pre-cut veggies and dip, or fresh fruit
- ▶ Pre-cooked roast chicken
- ▶ Protein bars
- ▶ Pre-cooked hard-boiled eggs
- ▶ Easy high-protein snacks, like jerky, Greek yogurt, and string cheese
- ▶ Frozen, pre-packaged smoothies or smoothie ingredients (which can be quickly whizzed in the blender for a nutritious snack)
- ▶ Pre-made salads, wraps, or sandwiches with veggies and protein

One caveat: Pre-packaged foods can be a bit more expensive. If buying foods like the ones in the list above isn't accessible for you, you can also consider making your own versions from scratch, portioning them out, and storing or freezing them to have on hand.



TIP #2: BATCH COOK LIKE A PRO

Leftovers can be a lifesaver when you're busy or stressed. When you do cook, batch cooking or doubling your recipe will go a long way when it comes to having quick meals on hand. Here are some things you could try:

- Use a slow cooker to make large batches of soups, stews, chili, oatmeal, etc.
- Roast a whole chicken, cut it up, and store it in the fridge.
- Bake casseroles, meatloaf, or vegetable lasagna and freeze the leftovers.
- Make a large stir-fry and store in pre-portioned containers.
- Make salads that will keep for a few days (e.g., quinoa, rice, five-bean).
- Cook a frittata or quiche and pre-slice it so it's easy to grab for breakfast or lunch.

TIP #3: BUY PRE-CHOPPED, READY-TO-COOK ITEMS

Some grocery stores offer meal kits or pre-chopped, pre-seasoned foods that are simple to throw together and heat up. There are also a number of meal kit delivery services available these days.

Additionally, you can rely on frozen fruits and veggies for quick meals or nutritious smoothies. There's a common misconception that frozen produce is inferior to fresh, but in fact, frozen fruits and veggies are typically frozen at peak season, so they're ripe and nutritious.



The Girls Gone Strong Portion-Sizing Cheat Sheet

Your body needs to get enough protein, fat, and carbohydrate in order to recover from workouts, supply you with sustained energy throughout the day, and help you stay healthy and strong. But sometimes it's hard to know how much of each to eat.

The good news is that portion sizing can be quite simple—and it doesn't require precision or measuring. In fact, you already have a measuring tool with you at all times: your hands!

Use the following guidelines as starting points:

- ▶ **A standard serving of protein is the size and thickness of your palm.** Aim to eat at least one palm of protein at most meals. Protein sources include things like meat, fish, shellfish, eggs, Greek yogurt, tofu, and tempeh.
- ▶ **A standard serving of non-starchy vegetables (or less-sweet fruits) is the size of your fist.** Strive for one or two fist-sized portions at every meal. Think kale, peppers, cabbage, spinach, carrots, tomatoes, berries, cucumber... you name it. The more colorful the selection, the better!
- ▶ **A standard serving of healthy fats is the size of your thumb.** At least one portion of healthy fats (e.g., avocado, cold-pressed oils, natural nut butters) at every meal is ideal.
- ▶ **A standard serving of cooked carbohydrates or sweet fruit is the size of a cupped handful.** Shoot for at least one cupped handful of slow-digesting, high-fiber carbohydrates (such as brown rice, quinoa, sweet potato, or whole grain bread) at most meals.



Keep in mind that many foods can fall into more than one category of macronutrient (protein, carbs, and fat). For instance:

- Natural peanut butter is high in healthy fat but also contains some protein.
- A serving of salmon is rich in protein but also contains omega-3 fats.
- Hummus is a carbohydrate and also contains some plant-based protein.

You can classify foods like this by the macronutrient it's richest in. So natural peanut butter would be considered a fat source.

Use the hand portion sizes as a guide to help you shop and prepare your food, but don't stress too much if you have more or less at a given meal. If you're hungry, eat some more. If you're satisfied, don't feel like you need to clean your plate. Every woman is different, so listen to your body!



Food Shopping Made Easy: A Grocery Store Checklist

Review these lists before you hit the store (or open your grocery app) to help you shop more efficiently. (Note that these lists are only for food, and don't include household items.)

If you're taking the list with you to the store, highlight or circle two to four items from each category so you know exactly what you want in advance, and then tick them off once you put them in your cart.

Alternatively, you can use the [printable blank shopping list](#) at the end of this resource.

Happy shopping!



Produce

Quick tips:

- Most fruits and veggies are considered carbohydrates (some, like avocado, are a fat source).
- One serving of vegetables is about the size of your fist. One serving of fruit is about the size of your cupped palm.
- When possible, buy seasonal and local—they'll be fresher and taste better!

VEGETABLES			
<ul style="list-style-type: none"> • Artichoke • Asparagus • Bamboo shoots • Bean sprouts • Beets • Bell peppers (green, yellow, red, orange) • Bitter melon / gourd • Bok choy • Broccoli • Brussels sprouts • Green beans • Cabbage • Carrots • Cassava / Yuca • Cauliflower 	<ul style="list-style-type: none"> • Celery • Chayote • Corn • Cucumber • Dark leafy greens: <ul style="list-style-type: none"> ○ Collards ○ Kale ○ Spinach ○ Swiss chard • Daikon • Eggplant • Endive • Fiddlehead ferns • Jackfruit • Jalapeno peppers • Jicama 	<ul style="list-style-type: none"> • Kohlrabi • Kimchi • Leeks • Lettuces: <ul style="list-style-type: none"> ○ Boston ○ Iceberg ○ Green leaf ○ Red leaf ○ Romaine • Mushrooms • Okra • Onions • Parsnips • Peas, green • Potatoes (red, white, sweet) 	<ul style="list-style-type: none"> • Radicchio • Radishes • Rhubarb • Squash: <ul style="list-style-type: none"> ○ Acorn ○ Butternut ○ Pumpkin ○ Spaghetti ○ Zucchini • Taro root • Turnips • Yu Choy • Yam • Water chestnuts • Other: _____

FRUIT			
<ul style="list-style-type: none"> • Apples • Apricots • Bananas • Blackberries • Blueberries • Cantaloupe • Cherries • Coconut • Dried fruits 	<ul style="list-style-type: none"> • Dragon fruit • Figs • Grapefruit • Grapes • Guava • Honeydew melon • Kiwi • Kumquats • Lemons 	<ul style="list-style-type: none"> • Limes • Lychee • Mango • Nectarine • Oranges • Papaya • Peaches • Pears • Persimmons 	<ul style="list-style-type: none"> • Pineapple • Plums • Plantains • Pomegranate • Raspberries • Strawberries • Tangerine • Watermelon • Other: _____



Protein

Quick tips:

- If buying cured meats, look for nitrate/nitrite-free.
- One serving of protein is about the size of your palm.
- If you're a meat-eater, aim to consume a mix of protein sources. For example, try bison instead of beef or have an entirely meatless meal at least one day a week.

MEAT		POULTRY		FISH	
<ul style="list-style-type: none"> • Beef <ul style="list-style-type: none"> ○ Lean ground ○ Oxtail ○ Shank ○ Steak ○ Stewing beef ○ Other: _____ • Lamb <ul style="list-style-type: none"> ○ Chops ○ Ground ○ Shank ○ Other: _____ 	<ul style="list-style-type: none"> • Pork <ul style="list-style-type: none"> ○ Bacon ○ Chops ○ Ground ○ Ham ○ Ribs ○ Sausage ○ Tenderloin ○ Other: _____ • Wild Game / Other Red Meat <ul style="list-style-type: none"> ○ Bison ○ Boar ○ Goat ○ Rabbit ○ Venison 	<ul style="list-style-type: none"> • Chicken <ul style="list-style-type: none"> ○ Breasts or legs ○ Feet ○ Ground ○ Quarters ○ Thighs ○ Whole ○ Wings • Cornish hen • Duck • Eggs • Egg whites • Turkey <ul style="list-style-type: none"> ○ Breasts/legs ○ Ground ○ Whole • Other: _____ 	<ul style="list-style-type: none"> • Catfish • Cod • Halibut • Herring • Pike • Salmon <ul style="list-style-type: none"> ○ Canned ○ Fresh • Sardines • Snapper • Tilapia • Trout • Tuna <ul style="list-style-type: none"> ○ Canned ○ Fresh • Other: _____ 		
SHELLFISH / OTHER SEAFOOD		DAIRY		PLANT-BASED	
<ul style="list-style-type: none"> • Clams • Crab • Crayfish • Lobster • Mussels • Oysters • Octopus • Scallops • Shrimp/prawns • Squid • Other: _____ 	<ul style="list-style-type: none"> • Milk (or dairy-free milk alternative) • Cheese <ul style="list-style-type: none"> ○ Cheddar ○ Cottage ○ Feta ○ Goat ○ Mozzarella ○ Swiss ○ Other: _____ 	<ul style="list-style-type: none"> • Whey protein powder • Yogurt • Other: _____ 	<ul style="list-style-type: none"> • Hummus • Beans / Legumes • Lentils • Tempeh • Tofu • Vegetarian protein powder • Other: _____ 		



Whole Grains

Quick tips:

- Opt for slow-digesting, high-fiber carbohydrates, which will contribute to healthy digestion and sustained energy levels.
- Read the labels on slightly processed carbohydrates (e.g., crackers, bread, pasta). Look for less than 10 grams of sugar per serving, “whole grains”, and minimal ingredients.
- When possible, limit your intake of highly processed carbs (e.g., sugary breakfast cereals, fruit juice, ice cream, soda).

WHOLE GRAINS		SLIGHTLY PROCESSED WHOLE GRAINS	
<ul style="list-style-type: none"> • Amaranth • Barley, pearled • Brown rice • Buckwheat • Bulgur • Corn / Maize • Kamut 	<ul style="list-style-type: none"> • Millet • Oats • Quinoa • Sprouted grain bread • Wheat berries • Wild rice • Other: _____ 	<ul style="list-style-type: none"> • Bread* • Bagels* • Cereal* • Crackers* • Couscous • Corn tortillas • Pasta (bean/legume) 	<ul style="list-style-type: none"> • Pasta* • Popcorn (air-popped) • Rye bread • Spelt bread • Wheat tortillas • Wheat germ • Other: _____

*Whole grain, made from 100% wheat, rye, spelt, etc.



Fats

- One serving of fat from a fat-dense food (e.g., oils, butter, avocado) is about the size of your thumb.
- Choose minimally processed fat sources (such as those in the list below) more often than highly processed fat sources (e.g., baked goods, deep-fried foods).

WHOLE FATS		OILS	FAT-BASED CONDIMENTS AND SPREADS
<ul style="list-style-type: none"> • Avocado • Nut butter • Olives • Peanuts • Peanut butter • Seeds <ul style="list-style-type: none"> ○ Chia ○ Flax ○ Pumpkin ○ Sunflower • Seed butter 	<ul style="list-style-type: none"> • Whole-fat cheese • Whole-fat milk • Whole nuts <ul style="list-style-type: none"> ○ Almonds ○ Cashews ○ Hazelnuts ○ Pistachios ○ Walnuts ○ Other: _____ • Other: _____ 	<ul style="list-style-type: none"> • Avocado oil • Butter • Canola oil • Coconut oil (organic, unrefined, extra virgin) • Fish oil • Ghee (clarified butter) • Macadamia nut oil • Olive oil, extra virgin • Peanut oil • Sesame oil, cold-pressed • Walnut oil • Other: _____ 	<ul style="list-style-type: none"> • Guacamole • Hummus • Mayonnaise • Natural nut butters (nonhydrogenated) • Pesto • Salad dressings, low-sugar • Tahini • Other: _____



Grocery Shopping List

1 VEGETABLES

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

2 FRUIT

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

3 WHOLE GRAINS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

4 MEAT & PROTEIN

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

5 FATS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

6 OTHER

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____