



Real-World Grocery Store Assignment

Which would you choose as best for YOUR body?

Go to your favorite grocery store(s) with an idea of a scavenger hunt. Look at the items below, and find two or three options that are “on Plan”, meaning in line with everything you’ve learned about your perfect EPIC Five Plan Metabolic Detoxification Diet, what foods to avoid (including lectins) and what foods to incorporate.

Believe me, this will come in handy from time to time and these may be some go-to items for a while while you are making adjustments. Remember, we don’t expect you to master all of this in one day - but you should always strive to make forward progress, in this and in all things.

Healthy Options “Scavenger Hunt”

Pancake Mix Options:

- 1.
- 2.
- 3.

Pasta Options:

- 1.
- 2.
- 3.

Soup Options:

- 1.
- 2.
- 3.

Snack Bar Options:

- 1.

2.

3.

Grab-and-Go or Made-to-Order Options:

1.

2.

3.

Other Convenience/Comfort Food: _____ Options:

1. (name of favorite/comfort food)

2.

3.

Other Convenience/Comfort Food: _____ Options:

1.

2.

3.

Other Convenience/Comfort Food: _____ Options:

1.

2.

3.

Other Convenience/Comfort Food: _____ Options:

1.

2.

3.

Other Convenience/Comfort Food: _____ Options:

1.

2.

3.