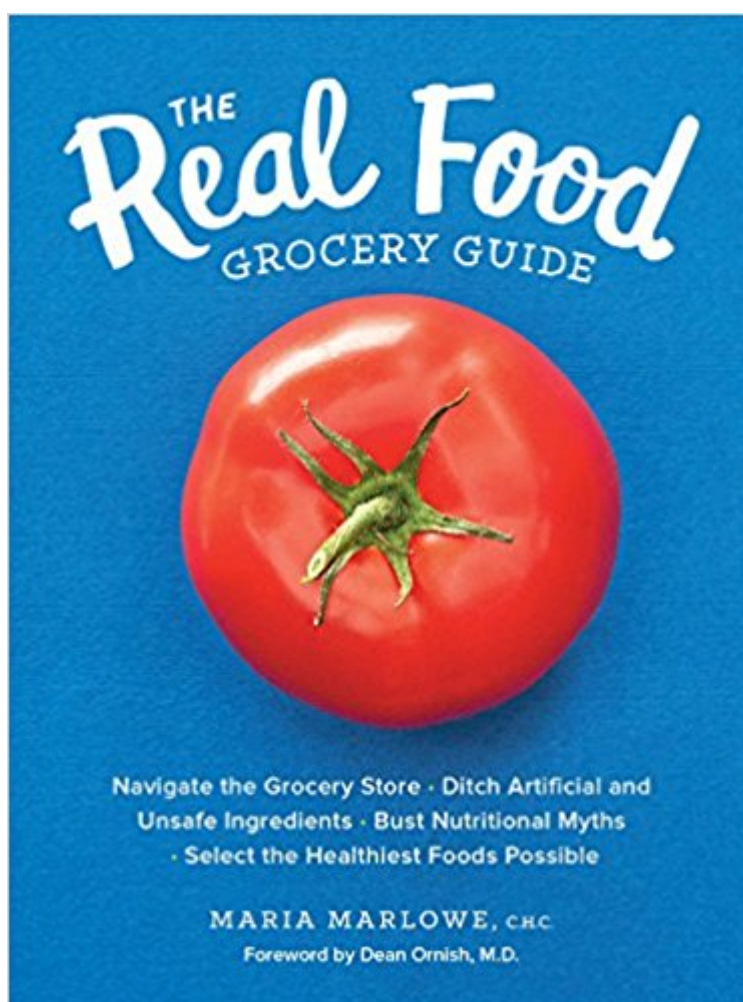


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# **The Real Food Grocery Guide: Navigate The Grocery Store, Ditch Artificial And Unsafe Ingredients, Bust Nutritional Myths, And Select The Healthiest Foods Possible**





## Synopsis

Everyone wants to eat healthy. But with the thousands of products lining the grocery store shelves it can be overwhelming. Is fat-free or gluten-free healthier? What are food labels really saying? What does "natural" truly mean and is organic produce and grass-fed meat worth the extra cost? It can be confusing, not to mention expensive. It doesn't have to be that way. *The Real Food Grocery Guide* helps you navigate every aisle of the grocery store clearly outlining what foods are truly the healthiest, the freshest, and the most economical (and which ones belong in the garbage rather than your grocery cart!) *The Real Food Grocery Guide* is the most comprehensive and actionable guide to grocery shopping and healthy eating ever with advice on: what to eat for health, balanced weight, and longevity how to shop to save a significant amount of time and money how to decipher food "buzz words" (like natural, grass-fed, wild, organic, gluten-free, etc.): know which to buy and which to leave on the shelf how to select the most nutritious and delicious produce, every time (no more getting home with brown avocados or tasteless melon) why the quality of animal-products-such as meat, fish, eggs, and dairy-is crucial--and how to choose the healthiest kinds how to store fresh food properly so it doesn't spoil too quickly why calorie counting is futile - and what you should look for instead to determine the healthiness of any food how to decipher what a food label is really saying how to avoid being duped by sneaky food industry claims and choose the best packaged products every time

## Book Information

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## Customer Reviews

"I wish I had this book years ago! Maria busts through sneaky marketing terms and buzz words on packages, while showing you that it doesn't need to be difficult or expensive to fill up your kitchen with the most nutritious foods."-- Vani Hari, New York Times Best Selling Author & Founder of FoodBabe.com "A must-read for anyone who does the grocery shopping for their family. It cuts through the confusion, will help you draw the connection between what you eat and your health, and will inspire you to make the healthiest food choices."-- Joshua Rosenthal, Founder and Director, Institute for Integrative Nutrition "When you go grocery shopping, you are assuming the role of the Nutritional Gatekeeper for you and your family! This book is a must read if you want to get better at that job! So many of us want to make better choices and now Maria has made it a whole lot easier!" -- Joe Cross, Founder of Reboot With Joe and star of the award winning feature length documentary, FAT SICK & NEARLY DEAD "If you want a reliable, useful and easy to follow guide to food choices that will bring you greater health and happiness, you've found it in Maria Marlowe's Real Food Grocery Guide. She takes you by the hand, and in her ever so friendly and warm hearted way, leads to your highest health potential."-- John Robbins, Author, Diet for a New America and The Food Revolution "I love picking up a book that can not only relate, but change the lives of so many. The Real Food Grocery Guide eliminates a common barrier in the world of sustaining a healthy lifestyle. No more anxiety or unanswered questions on how to shop or understand which ingredients to choose. Do we choose organic? (all to be revealed) Not only this but it even provides the best markets, stores and locations to shop for these tasty colorful numbers. It will help save time, money and make you more confident in the kitchen, which is all we want for you at the end of the day."-- Dan Churchill, Chef, Author, Host of Surfing the Menu This new book will show you the healthy way to navigate the grocery store. - InStyle The guide breaks down each aisle of the grocery store and the health benefits and concerns of what you'll find, with a focus on choosing "real food". - AM NY

Maria Marlowe is a real food evangelist. She is the founder, recipe developer, and writer at mariamarlowe.com, and online destination for healthy recipes, meal plans, and programs to aid people in losing weight, clearing up acne, or improving their health through better eating and

lifestyle habits, with a focus on whole, plant-based foods. After vastly improving her own health through real food, she went on to study integrative nutrition and plant-based cooking. She then opened a private Integrative Nutrition practice, coaching everyone from moms, to executives, to celebrity clients. She has appeared or been featured in a variety of media outlets, including on The Dr. Oz Show, NBC, CBS, FOX, Vogue, and The New York Times. Maria graduated summa cum laude from Fordham University and resides in New York. You can find her at [mariamarlowe.com](http://mariamarlowe.com) or on Instagram at @MariaMarlowe.

If you're like me at the grocery store a.k.a. you go in for some fruit and stuff to make dinner and end up spending 45 minutes deciding which of the 12,000 different kinds of bread to get while having a nervous breakdown every 5 minutes, then this book needs to be on its way to you like ...yesterday! I hate grocery shopping (zealously, with the passion of a thousand flames). I hate how complicated it's become, I hate that I can't really trust that spending \$800 dollars on tomatoes is actually going to get me something fresh and healthy that didn't grow up in a petri dish. I hate the process of shopping, the crowds, the decisions - everything. I hate the galaxy of variety that just crushes your soul every time. I got this book at the office yesterday and did little to no work cause I couldn't put it down. Once I got home and was able to devour it in one sitting, I feel like I can't wait to drive my butt to Whole Foods and start a new chapter - one where food is enjoyable again. It's the process of going through the pages that is captivating. If you're into wellness and healthy eating there may be a lot of things that you're already aware of, but there will be things that will blow your mind over and over. Habits that you thought were in favor of your health and wellbeing, but have actually been pushing you closer and closer to ignorance. It's also not a book that you read once and put down just like that. Mine is already folded up in the most important spots that I know I will want to reference again. It's a book that you'll come back to at the most random moments. It's the best crash course in nutritional education you could get regardless of your level of expertise on the subject.

If you're trying to figure out how to lead a healthier lifestyle, this book is a must-have for you. I was so happy when I heard that Maria Marlowe, an acclaimed health coach, was going to release this book because I have always appreciated her advice on nutrition and healthy living. The book offers some much needed tips on how to navigate grocery stores nowadays and how to pick out the best products. It comes in very handy when, for example, you're trying to figure out whether to shell out those extra bucks for the organic produce or stick with the conventional option. You don't always

have to go organic but there are certain foods with which you must go the organic way and this book makes it very clear which ones they are. Overall, highly recommended!

Wow!!! I thought I knew a lot about healthy food and healthy eating, and then I read Maria's book! I am actually in the process of becoming a Health and Wellness Coach, and everyone of my clients will be given a copy of this book. It is very well thought out and researched. If you want to change your bad eating habits and have a clean diet, this is a must read! I have already purchased 3 copies! Guess what family and friends are getting for birthday and/or Christmas gifts!!! Pay very close attention to all the tips in the yellow boxes.

This book tells you exactly what fruits and vegetables to buy and then how to store and even prepare them. I learned everything from the benefits of certain foods to how to decipher food labels. The swap sections are extremely useful as is the section on choosing organic versus conventional produce. Thanks to this book I will be kicking off summer by feeding my family healthier!

This book is more than a grocery guide! It's a nutrition book! Maria discuss how to pick the best foods, how each food is good or bad, and what labels really mean. Every food group is broken down into its own chapter, so it's an easy to move around the book. I will always use this book as my food bible.

Informative, easy to read...a bit basic if you are seasoned to clean eating. But this would be a helpful resource for someone new to eating whole foods.

This book is great so far, but FYI to the publisher... my first 50 pages are duplicated many times meaning I have 3 sets of pages 20-25 scattered throughout, same with 30-33

Love this book, great quality, and illustrations. The book is perfect for beginners but might be too basic for experienced shoppers.

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