



Holistic Living
Innovations
Chiropractic

Live Better. Feel Better. Be Better.

HLI Shopping Tour

We are so excited you're interested in our holistic nutrition shopping tour! We can't wait to teach you and grow with you on such an amazing journey of health and wellness!

We will begin by meeting at your grocery store of choice. Our specialist in holistic nutrition will walk you through what a healthy grocery shopping trip looks like, aisle by aisle.

What you can expect can to learn the following from this experience:

Produce: This is where the majority of your groceries should come from. You will learn:

- The importance of eating organic.
- The importance of "eating the rainbow".
- About different foods you may not normally purchase.
- Different ways to include a wider variety of plants into your diet.

Walk the perimeter: Review non-dairy alternatives, grains and meats (if necessary). You will learn:

- Which non-dairy products and gluten-free products we recommend.
- How to read labels to pick the healthiest non-dairy milk/grain/pasta options.
- Which non-dairy milks work best in coffees and teas vs. recipes.
- How to identify if a grain/pasta is gluten-free.

Bulk Section: Discuss seeds, nuts and oils. You will learn:

- The importance of seeds and nuts (flax, chia, almonds, cashews, walnuts, etc.).
- How to read the ingredients list to pick the healthiest brand of nuts/seeds.
- About oils and which oils we recommend.

Aisles: After getting the majority of foods from the outer perimeter, we will head to the aisles. Here, you will learn:

- How to read labels and ingredient lists
- About our favorite brands and snacks