

FUELING THE MISSION

A TACTICAL GUIDE TO GROCERY SHOPPING



Nutrition should support performance, health, culture, and joy—one grocery trip at a time. Commissaries make it easier to put this into practice with convenient access to affordable, quality foods.

PREP FOR THE MISSION

Before you go to the store, set yourself up for success.

- ✦ Eat First: Don't shop hungry. It leads to impulse buys.
- ✦ Have a Plan: Map out 2-3 meals for the week.
- ✦ Check Your Stockpile: Take inventory of what you already have.

DECODE THE INTEL (NUTRITION LABELS)

Know what to look for.

- ✦ Key Intel: Focus on fiber, protein, sodium, and added sugar.
- ✦ The Big Picture: Your overall eating habits matter more than any single food.

MAXIMIZE YOUR BUDGET

You don't need to break the bank to eat well.

- ✦ Go for store brands and seasonal produce.
- ✦ Use frozen or canned produce to save money.
- ✦ Make proteins go further in soups, bowls, or stir-fries.

PERFORMANCE MINDSET

Conduct a final check. Ask yourself:

- ✦ Will this fuel me, help me recover, and will I enjoy it?
- ✦ Can I realistically prep and eat this?



Build a strong foundation, leave room for enjoyment, fuel your life—not just your plate. Want personalized nutrition tips? Contact your local WARR-Semper Fit team today!