THRYVIVA CHEAT SHEET • GROCERY AISLE REFERENCE

Pocket Grocery Shopping Guide

Fold and carry or pin to your fridge — organized by grocery aisle so weekly shopping stays calm, fast, and nourishing.

Aisle / Section	Core Staples to Keep on Hand
Fresh Produce	Baby spinach, arugula, broccoli, berries, lemons, avocado, sweet potatoes, garlic, ginger
Proteins & Eggs	Pasture-raised eggs, wild salmon, organic chicken breast, firm tofu, tempeh, Greek yogurt
Pantry & Grains	Quinoa, rolled oats, red lentils, chickpeas, brown rice, extra-virgin olive oil, tahini
Nuts & Seeds	Chia seeds, ground flaxseed, pumpkin seeds, raw almonds, walnuts, hemp hearts
Gut & Ferments	Plain kefir, raw sauerkraut, kimchi, miso paste, apple cider vinegar (with mother)
Herbs & Spices	Turmeric, cinnamon, sea salt, black pepper, smoked paprika, oregano, fresh parsley

The 5-3-2 Weekly Cart Rule

- **5 Colorful Vegetables** (2 leafy greens, 2 cruciferous/roasting veg, 1 crunchy snacking veg)
- **3 Quality Proteins** (mix of animal or plant proteins for effortless 20-minute meals)
- **2 Smart Carbs + 2 Healthy Fats** (e.g., quinoa & sweet potatoes + olive oil & avocado)