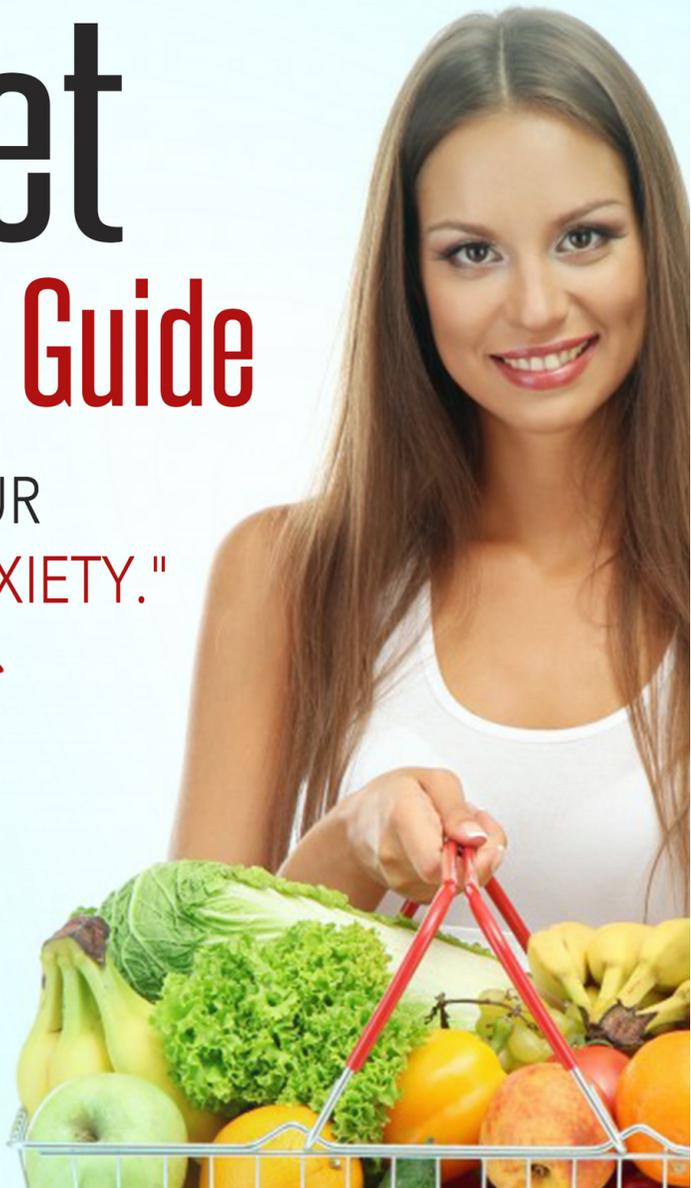


Aphrodisiac Secret Shopping Guide

ELIMINATE YOUR
"SHOPPER'S ANXIETY."



— MEREDITH SHIRK —

I know that grocery shopping can be an overwhelming task... So many questions, so many choices! Don't panic I have put together something that I like to call the "perimeter attack." Below you will find some of the very tips and tricks that will help maintain my Aphrodisiac Secret system, long after your 21-day plan!

When you walk into the supermarket what is the first thing that you are met with? More often than not, there is a giant display of chips, cookies, beer and anything else on sale for the next holiday or football game.

DO NOT be enticed by these crappy foods that wreck your hormones, kill you sex drive and rob you of your energy.

A good rule of thumb for shopping is to stay on the **PERIMETER** of the grocery store, as the freshest (most Aphrodisiac Secret friendly) and best foods for you are generally located around the **OUTSIDE** aisles. I always say: if you are **COLD** then you are shopping in the right area, because you want to stay as close to the "perishables" or refrigerated items as possible.



Think about it: Where do you find the Doritos, Chips Ahoy and Coke? You got it, smack dab in the **MIDDLE of the store**. There you will also find an assortment of sugary cereals, crackers and candy. If want to know the **fastest way to feel like CRAP** then go ahead and shop strictly in the middle of the store!

There are a **FEW exceptions to the rule** in the interior aisles, such as:

- ✓ Nut butters
- ✓ Some oils (such as coconut and olive oil)
- ✓ Select dried fruit (such as raisins)



However, you still have to keep an eye out even when you are **“perimeter”** shopping. There are still some **not so healthy things** camouflaged into the healthier foods. Look out for processed deli meats and premade dips. Please, if you look at a pack of lunchmeat and the “best if used by” date is in 6 months, then you probably should **NOT** eat it!

A side note, don’t think that because the bakery and liquor displays are on the perimeter that doesn’t mean you should load up on red velvet cupcakes and wine! If you *need* to buy bread for your family, then go with a fresh baked version. Skip the French roll with cheddar cheese and jalapeños plastered on top.



One last place to be weary of is the check out line. This is the **“last chance”** zone for **impulse buys** like 2 for 1 Hersey bars and closeout sales on Skittles. When you get to this stage in your grocery experience, keep your eye on the prize and keep your **hands off the candy!**

More shopping tips:

- **Never Go To The Grocery Store Hungry!**
 - If you have a growling stomach, the likelihood of grabbing a bag of chips is much higher.
- **Have A List And Stick To It.**
 - Write down exactly what you need. This will save you time and money!
- **Use A Hand Basket Instead Of A Cart.**
 - Unless you have a huge list, use a hand basket instead of a cart. That way you will have less room to add more items, plus you get the added bonus of carrying a heavy basket!

When in doubt FOLLOW the guide!