



# MG-Friendly Grocery Guide

This shopping guide can be your go-to resource for your next trip to the store.

## MG-friendly shopping list

### Soft foods

(hummus, pudding, apple sauce, peanut butter):

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### Frozen foods

(fruits, vegetables, frozen meals/dinners):

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### Shelf-stable goods

(canned soup, beans, macaroni and cheese, pasta, lentils):

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### Grains

(bread, brown rice, grits, oatmeal):

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### Produce

(pre-cut veggies, herbs, fruit and other soft produce like avocados, peaches, tomatoes, bananas, blueberries):

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### Proteins

(quinoa, eggs, tuna, yogurt, cheese, salmon, chickpeas, protein shakes/powder):

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Check in with your doctor about any foods that may interact with your medications.

## My favorite stores

Store name:

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Best day/time to go:

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Notes:

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Store name:

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Best day/time to go:

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Notes:

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**Store name:** Fresh Harvest

**Best day/time to go:** Tuesdays or Thursdays between 10 AM and 2 PM

**Notes:** Lots of parking close to the entrance on the south side of the lot. Grab a shopping cart on the way in. Manager's name is Nick and he's always super helpful!

Store name:

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Best day/time to go:

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Notes:

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### Need some meal inspiration?

Scan the QR code to take the Let's Cook recipe finder quiz.



*Developing a routine around tracking symptoms regularly with the MG-ADL may be a good idea so you can check in with your body before you go shopping.*