



GROCERY SHOPPING

THE ULTIMATE GROCERY SHOPPING

DAIRY



Yogurt
(Fat-free)



Fairlife Milk
(Reduced Fat)



Dairy Whipped
(Fat-free)



Borden Singles
American Cheese
(Fat-free)



Shredded Lite
Cheese
(Lowest Fat)



Prairie Farms
(Low-Fat)



Meijer Small Curd
Cottage Cheese

CARBS



Beans (Fat-Free)



White Rice



Brown Rice



Mac & Cheese
(Lowest-Fat)



Bread
(Low-Fat & lowest Cal)

CARBS



Tortilla (Lowest Fat)



Oats



Barilla Pasta



Yam



Sweet Potatoes



Potatoes



Quinoa



Rice Cake

PROTEIN



Chicken Breast



Turkey Breast



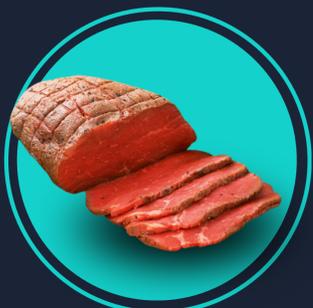
Lean Ground Beef
(Lowest-Fat)



Shrimp



White Fish
(Tilapia & Cod)



Round Roast Steak



Top Sirloin



Smoked Salmon

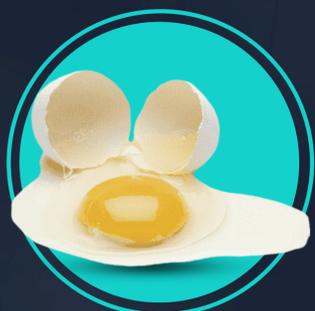


Raw Tuna



Tuna Can

PROTEIN



Egg White



Egg



Bison Meat



Pork Tenderloin



Whey Protein Powder



Soy Protein



Tofu

SNACKS



Quest Protein Chips



Pickles



Heart of Palm



Jell-O



Popcorn



Beef Jerky

DRINKS

(0 CAL)



Coke Zero



Sprite Zero



Canada Dry Zero



Guarana Antarctica Zero



Gatorade Zero



Sparkling Ice



Zoa Zero

FRUITS



Watermelon



Berries



Melons



Pineapple



Apples



Orange Fruit
(Not Orange Juice)



Grape Fruit



Papaya



Kiwi Fruit

SAUCE

(LOW CALORIE | ZERO SUGAR | LOWEST FAT)



Classico Cheese Alfredo Pasta Sauce



Classico Tomato Sauce



Classico Pasta Sauce



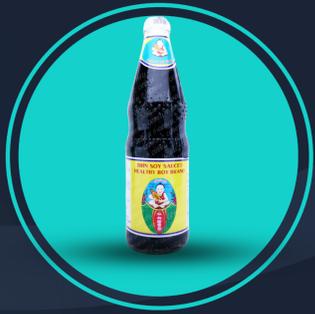
Tomato Ketchup Heinz



Hellmann's Light Mayonnaise Squeeze



Publix Mustard Honey



Soy Sauce



Trader Joe's Sweet Chili Sauce



Ray's Sweet & Smoky Barbecue Sauce



Sugar-free Maple

ADDITIONALS



Oil Spray (Non-Regular Oil)



Light Spread (Low-Fat Butter)



Stevia Sweetener



Monk Fruit Sweetener