

# Grocery List



## Dairy

We do our best to provide you with recipes that are not only healthy but are easy on your pocket book. You can find most of the ingredients for the recipes in our albums at your local Walmart. Feel free to use this convenient shopping list to help you get started on your journey. While this is a comprehensive list, we have left some blanks for you to fill with some of your own favorite finds.

Best wishes on reaching your goal weight and to becoming a happier, healthier you!

~Sherri

- Eggbeaters
- Fairlife fat free milk
- Laughing Cow cheese
- Spreadable cottage cheese
- Low fat cottage cheese
- Light sour cream
- 50 calorie fat free cheese sticks
- Fat free cheese
- I Can't Believe It's Not Butter spray
- I Can't Believe It's Not Butter spread
- Eggs
- Dannon Lite & Fit yogurt
- Dannon yogurt smoothie
- Chobani 0 yogurt
- Baybell 50 calorie cheese
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Bakery

- Keto Culture hot dog buns
- Keto Culture hamburger buns
- Keto Culture bread
- Nature's Harvest 40 calorie bread
- Barilla Ready pasta
- Joseph's lavash bread
- Joseph's pita bread
- La Banderita tortillas
- La Banderita carbcounter street taco tortillas
- La Banderita carbcounter snack size
- Ole wraps
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Condiments

- G Hughes sauces
- Skinny Girl salad dressing
- Sugar free ketchup
- Sugar free maple syrup
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