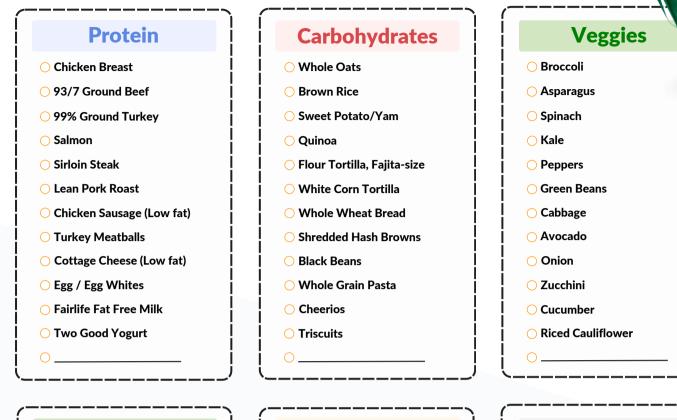
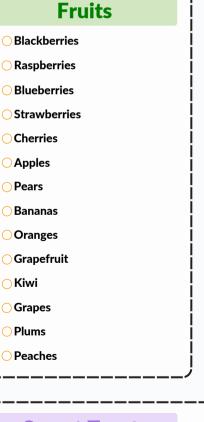
Grocery Shopping List





Sweet Treats

Fiber One Baked Bars

○Kiwi

Sugar Free Jell-O Puddling

0.

Fats

- O Pistachios
- O Walnuts
- **Cashews**
- O Chia Seed
- Flax Seed
- Olive Oil
- Coconut Oil
- **Grapeseed Oil**
- Salmon
- **Olives**
- O Almond Butter

Condiments

○ G-Hughes Sauces O Walden Farms Sauces O Spaghetti Sauces: O Simply Ragu O Prego No Sugar Added O No Sugar Added Heinz Ketchup O Kraft Light Miracle Whip ○ Bolthouse Farms Ranch Cookies Buffalo Sauce ○ Salt-Free Seasonings O Dash O Dan-O's O Cavender's Newman's Own Salsa

Shopping Tips:

- **1.** Plan ahead & have a list
- 2. Eat before you shop
- **3.** Condiments: Low fat & sugar
- 4. Steamfresh frozen veggies
- 5. Low sodium canned foods
- 6. Don't go down the aisles
- 7. Get produce first
 - 8. Read nutrition labels