

WALMART Grocery List

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CHIPS/SNACKS

34 Degrees Rosemary Crisps 9 crackers 1 pt
Atkins Soft Baked Energy Bars 4 pts
Bridford Beef Jerkey 1oz. 2 pts
Calbee Harvest Snaps 22 pcs 2 pts
Cheetos Oven Baked Flamin Hot 34 pcs. 4 pts
Fiber One Chocolate Chewy Bars 1 for 2 pts
Fiber One Protein Caramel Chewies 1 for 4 pts
Good Thins 20 pcs 2 pts
HoneyMaid Graham Crackers 2 crackers 1 pt
Quaker Oats Rice Cake 1 cake 2 pts
Ritz Oven Baked Thin 24 pcs 4 pts
Sensible Portions Apple Pie Puffs 15 for 1 pt
Snack Factory Pretzel Crisps 11 pcs 4 pts
Wasa Cracker Multi Grain 1 cracker 1 pt
KIND Peanut Butter Protein Clusters 2 tbsp 1 pt
Crunchmaster Original Multi-Seed Crisps Crackers, 4.5 oz. 30 crisps 4 pts
Great Value Graham Crackers 2 sheets 5 pts

MEATS

Amylu Habanero & Tequila Chicken Sausage 1 link 2 pts
Applegate Chicken & Maple Sausage Patties 1 for 2pts
Applegate Chicken & Sage Links 2 links 2pts
Banquet Warm & Serve Turkey Sausage 3 links 3 pts
Healthy Choice Freezer Meal Grilled Basil & Chicken 3 pts
Hillshire Farms Thin Sliced Pastrami 2 oz. 1 pt
Hormel Turkey Pepperoni 12 slices 1 pt
Jimmy Dean Turkey Sausage Crumbles 1/4 cup 2 pts
Tyson Frozen Fajita Chicken Breast Strips 0 pts
Gilbert's Bourbon Apple Chicken Sausage 1 link 3 pts

CONDIMENTS

Bolthouse Honey Mustard Dressing 2 tbsp 2 pts
Crazy Richards Peanut Butter 2 tbsp 5 pts
G Hughes Sugar Free Ketchup 3 tbsp 0 pts
G Hughes Sugar Free Mango Habanero Wing Sauce 3tbsp 0pts
G Hughes Sugar Free Sweet and Spicy BBQ Sauce 3 tbsp 0 pts
Great Value Organic Crunchy Peanut Butter 2 tbsp 5 pts
Healthy Choice Salad Dressings 2 tbsp 1 pt
Heinz Home Style Classic Chicken avy 1 cup 5 pts
Heinz Home Style Roasted Turkey Gravy 1 cup 4 pts
Heinz Homestyle Pork Gravy 1 cup 2 pts

Heinz No Sugar Added Ketchup under 3 tbsp 0pts
Kinder's Zero Sugar Teriyaki Marinade & Sauce 2 tbsp 1 pt
Newman's Own Sockarooni 1/4 cup 2 pts
Sam's Choice -Chipotle Mustard 4 tsp 0 pts
Skinny Girl Chipotle Ranch 4 tbsp 0 pts
Skinny girl Honey Dijon Dressing 2 tbsp 0 pts
Tostitos Creamy Spinach Dip 2 tbsp 1 pt
Heinz HomeStyle Roasted Turkey Fat Free Gravy, 12 oz Jar 1/4 cup 1 pt
Tostitos Queso 2 tbsp 2 pts
Tostitos Blanco Queso 2 tbsp 1 pt

ICE CREAMS

Breyers fudge bar carb smart 1 bar 2 pts
Great Value Jr Pops 1 pop 3 pts
Great Value Sugar Free Ice Cream Sandwiches each 3 pts
Halo Top ice cream Chocolate Caramel Brownie 2/3 cup 4 pts
Outshine Fruit Popsicles each 1 pt
Sugar Free Fudgsicle each 1 pt
Yasso 100 or 90 calorie ice cream bars 4-5pts each

CHEESE

Crystal Farms Mozzarella Wraps each 3 pts
Kraft Fat Free Cheeses 1/2 cup 1 pt - suggest weighing over measuring
Sargento thin Slice Provolone Cheese 1 slice 2 pts
Great Value Light Mozzarella String Cheese 1 stick 2 pts
Great Value Finely Shredded Reduced Fat Fiesta Cheese Blend 1/3 cup 3 pts
Great Value Reduced Fat Shredded Mozzarella Cheese 1/3 cup 5 pts
Sargento® Sliced Baby Swiss Natural Cheese 1 slice 3 pts

PREPARED

Alexia Sweet Potato Crinkle Fries 12 fries 4 pts
Alexia Sweet Potato Puffs 10 pcs 4 pts
BOCA Spicy Chicken Veggie Patty 1 patty 3 pts
Green Giant Zucchini Tots Sour Cream & Onion 6 tots 4 pts
Ore Ida Golden Crinkles 12 pcs 3 pts
Uncle Ben's Basmati Rice 1/2 cup 3 pts

BREADS

D'Italiano Reduced calorie Italian bread 2 slices 2 pts
Joseph's Flatbread 1 pc 1 pt
Nature's Harvest Lite Bread 2 slices 2 pts
Oroweat Dark Rye 1 slice 2 pts
Oroweat Dill Rye 1 slice 2 pts
Thomas's Lite English Muffins 1 2 pts
Mission Street Size Tacos 3 for 2 points
Mission Corn Tortillas 2 for 3 pts
Guerro Zero Carb Flour Tortilla 1 for 1 pt

DRY MIXES

Crazy Richards Peanut Butter Powder 4 tbsp 1 pt
Gold Medal Flour 1/4 cup 3 pts
Idahoan Au Gratin Potatoes 4oz 12 (entire box)
Kodiak Pancake Mix 1/2 cup 4 pts
Lipton Onion Soup Mix 1 package 2 pts
Pillsbury Sugar Free Yellow Cake Mix 16oz. 43 pts
Quaker Yellow Cornmeal 1 cup 13 pts
Shake n Bake 1/8 package 1 pt

DAIRY NON-DAIRY

Atkins Chai Latte 3 pts per bottle
COFFEEMATE Creamer 2 tbsp 1 pt
Fairlife Protein Drink 3 pts per bottle
Reddi Whip Coconut Milk 5 tbsp 1 pt
Reddi Whip Zero Sugar Whipped Topping 2tbsp for 1
Cool Whip - Sugar Free 2 tbsp 1 pt
Reddi Whip Fat Free Whip Topping 3 tbsp 0 pts
Cool Whip Fat Free 2 tbsp 1 pt
Great Value Sugar Free Heavy Cream Whipped 2 tbsp 1 pt
Fage Nonfat Greek Yogurt 0 pts
Chobani Zero Sugar Flavored Yogurt 1 5.33oz. Container 1 point
Great Value Nonfat Greek Yogurt -0 pts
Oikos Triple Zero Strawberry and Mixed Berry 0 Added Sugar Fat Free Greek Yogurt 2 pts
Daisy Pure and Natural Light Sour Cream, 50% Less Fat, 8 oz Tub (Refrigerated) 2 tbsps 2 pts

CANNED

Campbells Cream of Chicken 98% Fat Free 10.5oz. Can 5 pts
Condensed Campbell's Broccoli Cheddar 10.5oz. can 9 pts
Del Monte No Sugar Added Canned Fruit 0 pts
Hunts Manwich Original Sloppy Joe Sauce 15 oz. can 5 pts
Pillsbury Flakey Layer Biscuits 1 biscuit 4 pts
Ranch Style Beans 3/8 cup 2 pts
Rosarita No Fat Refried Beans 0 pts
Tomato Basil Soup 1 cup 2 pts
Black Beans 0 pts

DELI

Guacamole Now 2 tbsp 1 pt
Nasoya Thai Basil Dumplings 4 dumplings 3 pts
Grillos Dill Pickles 0 pts
Yucatan Squeezable Guacomole 2 tbsp 1 pt

CEREAL/GRAINS

Cheerios (Yellow Box) 1 1/3 cups 3 pts
Cheerios Strawberry Banana 1 cup 4 pts