

ALDIS' GROCERY LIST

Always check points prior to purchasing

Member Suggested Food

Live G Free Sweet Chili Rice Crisps	4 pts for 13 big chips
Turkey with Cheddar Chicken Sausage	4 points each
Cookie Thins	7 cookies for 6 pts
Specially Hummus Crisps	2 points for 21 grams
LF Protein Bread	1 point for one slice and 3 pts for 2 slice
Priano Tomato & Basil Sauce	1pt for 1/2 cup
Kozy shack Rice Pudding	4 oz = 2 pts
Simply Pure Veggies & Flaxseed Tortilla Chips	15 large, yummy chips for 3 point
Simply Nature Thin Slice Seeded Bread	1 slice 2p, 2 slices 3p
L'Oven Fresh Keto Friendly Bread	2 slices 1 pt
Friendly Farms fat free greek yogurt	0 points
Fit and Active Vanilla Cream fruit bars	1pt for 1 bar
Simms turkey snack stix	1 pt each
L'oven fresh Keto bagels	2 pts
Mexi Cali chicken Patties	4 pts
L'Oven fresh multi grain thin sandwich rolls	2 pts
Happy Farms gouda or cheddar cheese sticks	2 pts
We mini ham slices	1 pt for 2 oz
Norwegian salmon	0 points
Casa Mamita chunky salsa	0 pts for 2 tbsp

These are from a website "Oh My Creative"

F&A Egg Whites	1/3 cup 0 points
Roasted Red Pepper Hummus	2 tablespoons 1 point
Happy Farms Spreadable Cheese Wedges	1 wedge 1 point
F&A String Cheese	1 string 1 point
Friendly Farms Almond Milk	1 cup 1 point
F&A Shredded Mozzarella Cheese	1/4 cup 2 points
Mama Cozzi's Turkey Pepperonis	6 slices 2 points
F&A Shredded Cheddar Cheese	1/4 cup 3 points
F&A Neufchatel Cream Cheese	1/3 cup 3 points
The Little Salad Bar 100 Calorie Guacamole Minis	1 container 3 points
F&A Oven Roasted Turkey Breast	2 ounces 1 point
F&A Turkey Bacon	1 slice 1 point
Simms Snack Sticks Turkey Sausage	1 link 1 point
Specialty Center Cut Bacon	2 slices 1 point

Kirkwood Chicken Breakfast Sausage	1 link 1 point
Kirkwood Garlic & Herb Chicken Breast	4 ounces 1 point
Cracked Pepper Turkey Breast Tenderloins	4 ounces 2 points
F&A Smoked Honey Ham	2 ounces 2 points
F&A Rotisserie Turkey Breast Tenderloins	4 ounces 2 points
Never Any! Spinach & Feta Chicken Sausage	1 link 4 points
F&A Grilled Chicken Bites	0 points
14 Calorie Bars Vanilla Flavored Cream Bars	0 points
Seasons Choice Veggie Burger	1 patty 3 points
F&A Crinkle Cut Fries	16 fries 3 points
Earth Grown Veggie Burger	1 patty 3 points
Black Bean Chipotle Burger	1 patty 4 points
F&A Multigrain Waffles	2 waffles 5 points
F&A Chocolate Fudge Ice Cream Bars	1 bar 5 points
Fusia Chicken Won Ton & Vegetable Soup	1 container 6 points
F&A Sugar-Free Strawberry Preserves	0 points
F&A Sugar Raspberry Free Preserves	0 points
Simply Nature Unsweetened Apple Sauce	0 points
PurAqua Sparkling Fruit Flavored Drinks	0 points
PurAqua Sparkling Frost Fruit Flavored Beverages	0 points
F&A Flavored Water Enhancer	0 points
F&A Diced Tomatoes	0 points
F&A Diced Tomatoes with Green Chili	0 points
F&A Multigrain Bread	1 slice 1 point
Simply Nature Pasta Sauce	1/2 cup 1 point
F&A 94% Fat-Free Butter Microwave Popcorn	1 bag 1 point
F&A Fat-Free Zesty Italian Dressing	1 tablespoon 1 point
F&A Lightly Salted Rice Cakes	8 cakes 1 point
Fusia Sweet & Sour Asian Sauce	1 tablespoon 1 point
F&A Fruit Snacks	1 pouch 1 point
F&A Flatbread	1 slice 2 points
F&A Light Balsamic Vinaigrette	2 tablespoons 2 points
F&A Caramel Rice Snacks	8 cakes 2 points
F&A S'Mores Rice Snacks	8 cakes 2 points
Pizzeles Italian Cookies	3 cookies 2 points
Fusia Crunchy Rice Rolls	1 ball 2 points
Casa Mamita Organic Black Bean Dip	5 tablespoons 2 points
Northern Catch Wild Alaska Pink Salmon	1 can 2 points
Clancy's Pretzel Slim	1 ounce 3 points
Simply Nature Green Pea Crisps	1 can 3 points

