



**L M T L S S**  
**GROCERY GUIDE**  
VOLUME I

+TRADER JOES

+COSTCO

+WALMART

+SAFEWAY

+SPROUTS

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# L M T L S S

## TRADER JOES LIST

### 99% FAT FREE BURRITOS

- 1 g fat per burrito
  - Great with chicken or beef
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### 96/4 GROUND BEEF

- Lean source beef | \$5.49/lb
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### SILVER DOLLAR PANCAKES

- 2.5 g fat for 11 pancakes
  - Frozen, quick & easy to serve
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### CHICKEN ENCHILADAS

- 330 calories for 2
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### SEASONINGS

- Everything but the bagel
  - 21 seasoning salute
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### BBQ CHICKEN PIZZA

- 870 calories total
  - 42 g protein
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### SAUCES

- Salsa verde
  - Organic taco sauce
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### MASHED CAULIFLOWER

- Alternative to mashed potatoes
  - Only 50 calories per serving
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### FROZEN HASHBROWNS

- 130 calories each
  - Great with avocado & eggs
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### GONE BERRY CRAZY FROZEN DESSERT

- Dark chocolate covered strawberries
- 100 calories per serving

# L M T L S S

## COSTCO

### BIBIGO CHICKEN WONTONS

- 50 calories for 4 wontons | low fat
- Bag of 150 under \$10!

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### KIRKLAND PROTEIN BARS

- 20 g protein, high fiber
- Many flavors | \$.90 per bar

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### KIRKLAND LIQUID EGG WHITES

- Good source of protein | cheapest you'll find

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### FAIRLIFE PROTEIN SHAKE

- 150 calories, tastes SO good
- 30 g protein | ready to drink | < \$1 per shake!

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### FIT CRUNCH BAR

- 190 calories
- 16 g protein | 3 g sugar

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### MAPLE LEAF CANADIAN BACON

- 12 g protein per serving
- 3 slices 70 calories | 1.5 fat 0 carb

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### SANDWICH BROS BREAKFAST SANDWICH

- 150 calories each | 11 g protein
- \$1 per sandwich

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### 93/7 GROUND TURKEY

- Super cost effective
- Use for taco, burgers, pasta, etc.

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### HEALTHY NOODLE

- 60 calories entire package
- Ready to serve warm or cold

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### CARB BALANCE TORTILLAS

- Super cost effective
- Great texture | Low carb & calorie

# LIMITLESS WAL-MART

## CLEAR AMERICAN SPARKLING WATER

- 0 calories, no artificial colors
- \$.57 each

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## PURE PROTEIN BARS

- 180-190 calories | 20 g protein
- Strawberry & Lemon are a favorite

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## TYSON FROZEN CHICKEN

- Cost effective protein | easy to throw in a crockpot for meal preps

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## SARA LEE DELIGHT BREAD

- 45 calories per slice
- a #1 find here

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## GREAT VALUE STEAK FRIES

- 110 calories per serving | real potatoes
- Only 3 fat | easy to make in an air fryer!

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## GREEN GIANT SIMPLY STEAM VEGGIES

- < 60 calories per serving
- High volume, easy & fast to make

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## SARGENTO REDUCED FAT CHEESE

- 50 calories per slice
- Different kinds | Cheddar, pepper jack, swiss, etc.

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## GREAT VALUE FAT FREE CREAM CHEESE

- 4 g protein per serving
- 0 fat | great for treats & desserts

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## QUAKER RICE CAKES

- 50 calories per rice cake | high volume
  - Top with peanut butter, cottage cheese, etc.
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# L M T L S S SPROUT'S

## POP VILLAGE RICE ROLLERS

- 30 calories per roller
  - High volume | cost effective
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## SUZIE'S THIN CAKES

- 20 calories each
  - Lots of flavors | no sugar
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## NOBLE MADE SAUCES

- BBQ, citrus herb, hot & spicy, teriyaki, etc
  - 15 calories per serving
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## SIGGI'S ICELANDIC SKYR

- Creamier than greek yogurt
  - 90 calories | 16 g protein
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## SPAN'S MERINGUES

- High volume | 15 cookies is only 80 calories
  - 0 fat per serving | great dessert/snack
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## SPROUT'S "ONE PAN MEALS"

- Ready to cook | high protein
  - 2 servings
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## BRAGG'S APPLE CIDER VINEGAR

- Improves digestive health & blood sugar
  - All natural
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## WALDEN FARMS DRESSING & SYRUP

- All 0 calorie!
  - Balsamic, thousand island, ranch, etc.
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# L M T L S S

## SAFEWAY

### SMUCKER'S REDUCED SUGAR JELLY

- 50% less sugar than regular
  - No artificial sweetness | good texture
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### COUNTING CALORIES CHEESY SCRAMBLE

- 180 calories | 13 g protein
  - Very low sodium for frozen meal
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### N!CK'S ICE CREAM

- OUR ABSOLUTE FAVORITE!!
  - 220-300 calories per pint
  - Actually tastes like ice cream
  - Much better than halo top, enlightened, etc.
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### WORLD CUISINE POTSTICKERS

- 260 calories | 4 g fat
  - Low sodium
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### SIGNATURE CINNAMON RAISIN BAGELS

- 240 calories (low for a large bagel)
  - Not dry | Almost 10 g protein each
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### FRANKS RED HOT WING SAUCE

- Our go-to sauce for chicken meals
  - 0 calories | adds tons of flavors
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### QUAKER LOWER SUGAR MAPLE & BROWN SUGAR INSTANT OATS

- 120 calories per pack
  - Quick & easy | very filling
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