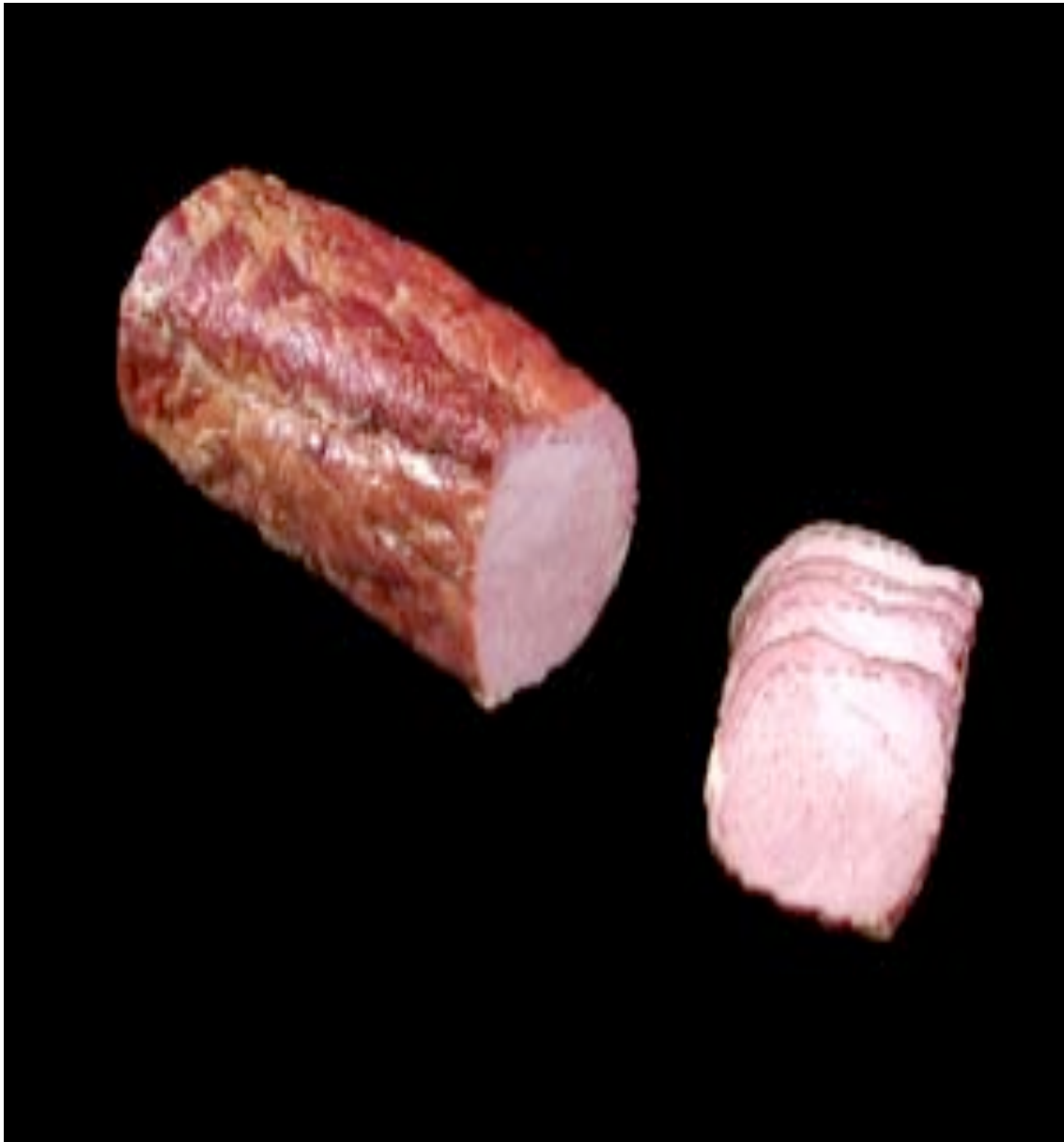




apple sauce



Canadian bacon



clear soup



cooking spray



egg substitute

Low Fat Alternative



lean ground beef

Low Fat Alternative



lean ground turkey

Low Fat Alternative



light whipping cream

Low Fat Alternative



low fat cheese



low fat cream cheese



low fat mayonnaise



low fat cottage cheese



low fat yogurt



low fat milk



Low Fat
Sour Cream

low fat sour cream



*Low Fat
Frozen Yogurt*

low fat ice cream
or frozen yogurt



olive oil

Low Fat Alternative



sesame oil



skinless chicken



*Tuna
in
Water*

tuna in water

Low Fat Alternative



turkey bacon



vinegar