

## Weight Watchers

## Baking Goods

			NET WEIGHT	SERVINGS	SERVING SIZE	CALORIES	FATS	FIBER	<u>WW</u>	PRICE	
177	FLR	Bob's Red Mills	Xanthum Gum	8 Oz	25	1 tbsp	8	0	9	0	\$14.99
165	SWT	San Sucre Sugar Substitute	Cinnamon	.63 Oz	23	1/2 Tsp	0	0	0	0	\$2.99
909	SWT	Steel's Nature Sweet Crystals	Brown	2 lb	192	1 Tsp	10	0	0	0	\$16.99
949	SWT	Steel's Nature Sweet Crystals	Powder	2 lb	192	1 Tsp	10	0	0	0	\$14.99
908	SWT	Steel's Nature Sweet Crystals	White	2 lb	192	1 Tsp	8	0	0	0	\$14.99
520	SWT	Steel's Nature Sweet Honey	Honey	12 Oz	24	1 Tbsp	0	0	0	0	\$5.99
130	SWT	Stevita	Spoonable	1.75 Oz	50	1 tsp	0	0	0	0	\$7.65
805	FLR	Bob's Red Mills Gluten	Vital Wheat	22 Oz	20	1/4 Cup	120	0.5	0	2	\$2.99
109	FLR	ZamLows Almond Flour		1 lb	8	1/4 Cup	170	15	4	4	\$6.95
803	FLV	Flavorganics	Almond	_____					_____		\$5.99
802	FLV	Flavorganics	Hazelnut	_____					_____		\$5.99
787	FLV	Flavorganics	Orange	_____					_____		\$5.99

**BEVERAGE AND FLAVORINGS**

			NET WEIGHT	SERVINGS	SERVING SIZE	CALORIES	FATS	FIBER	WW	PRICE
267 BF-FLV	Davinci Chai Tea	Black	25.4 Oz	50	1.5 Tbsp	0	0	0	0	\$12.99
32 BF-FLV	Davinci Chai Tea	Green	25.4 Oz	50	2 Tbsp	0	0	0	0	\$12.99
193 BF-MXS	Baja Bob's Liquid Mix	Margarita	32 Oz	8	4 Oz	10	0	0	0	\$7.49
829 BF-SRP	Atkins Syrups	Cherry	12 Oz	24	1 Tbsp	0	0	0	0	\$5.99
617 BF-SRP	Davinci Syrups-Large	Almond	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
622 BF-SRP	Davinci Syrups-Large	Amaretto	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
633 BF-SRP	Davinci Syrups-Large	Banana	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
620 BF-SRP	Davinci Syrups-Large	Blueberry	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
621 BF-SRP	Davinci Syrups-Large	Butter Rum	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
616 BF-SRP	Davinci Syrups-Large	Caramel	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
639 BF-SRP	Davinci Syrups-Large	Cherry	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
638 BF-SRP	Davinci Syrups-Large	Chocolate	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
619 BF-SRP	Davinci Syrups-Large	Cinnamon	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
646 BF-SRP	Davinci Syrups-Large	Coconut	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
642 BF-SRP	Davinci Syrups-Large	Cola	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
648 BF-SRP	Davinci Syrups-Large	Cookie Dough	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
191 BF-SRP	Davinci Syrups-Large	English Toffee	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
632 BF-SRP	Davinci Syrups-Large	French Vanilla	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
636 BF-SRP	Davinci Syrups-Large	Green Apple	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
625 BF-SRP	Davinci Syrups-Large	Hazelnut	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
624 BF-SRP	Davinci Syrups-Large	Irish Crème	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
637 BF-SRP	Davinci Syrups-Large	Kahuli Caffè	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
631 BF-SRP	Davinci Syrups-Large	Macadamia Nut	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
630 BF-SRP	Davinci Syrups-Large	Orange	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
627 BF-SRP	Davinci Syrups-Large	Pancake	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
613 BF-SRP	Davinci Syrups-Large	Peach	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
618 BF-SRP	Davinci Syrups-Large	Peanut Butter	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
626 BF-SRP	Davinci Syrups-Large	Raspberry	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
649 BF-SRP	Davinci Syrups-Large	Rootbeer	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
640 BF-SRP	Davinci Syrups-Large	Starfruit	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
623 BF-SRP	Davinci Syrups-Large	Strawberry	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
629 BF-SRP	Davinci Syrups-Large	Vanilla	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
612 BF-SRP	Davinci Syrups-Large	Watermelon	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
635 BF-SRP	Davinci Syrups-Large	White Chocolate	25.4 Oz	50	1 Tbsp	0	0	0	0	\$9.99
681 BF-SRP	Nature's Flavors Syrups	Almond	32 Oz	64	1 Tbsp	0	0	0	0	\$9.99
677 BF-SRP	Nature's Flavors Syrups	Cinnamon	32 Oz	64	1 Tbsp	0	0	0	0	\$9.99
664 BF-SRP	Nature's Flavors Syrups	Mai Tai	32 Oz	64	1 Tbsp	0	0	0	0	\$9.99
720 BF-SRP	Nature's Flavors Syrups	Maraschino Cherry	32 Oz	64	1 Tbsp	0	0	0	0	\$9.99
665 BF-SRP	Nature's Flavors Syrups	Pecan	32 Oz	64	1 Tbsp	0	0	0	0	\$9.99
672 BF-SRP	Nature's Flavors Syrups	Pineapple	32 Oz	64	1 Tbsp	0	0	0	0	\$9.99
679 BF-SRP	Nature's Flavors Syrups	Pink Bubblegum	32 Oz	64	1 Tbsp	0	0	0	0	\$9.99

## BREADS AND PASTA

			<u>Net Weight</u>	<u>Servings</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Fats</u>	<u>Fiber</u>	<u>WW</u>	<u>Price</u>	
743	BRD-MXS	Keto Quick Bread	Pumpnickel	11.1 Oz	18-20	3/8" Slice	73	1	1	1	\$5.99
744	BRD-MXS	Keto Quick Bread	Rye	11.2 Oz	18-20	3/8" Slice	73	1	1	1	\$5.99
496	BRD-CRK	Lc Chef Sf Crackers	Plain	4 Oz	4	1 Oz 6-7 Crackers	100	8	2	2	\$5.29
	BRD-CRK	Lc Chef Sf Crackers	Plain	1 lb		1 Oz 6-7 Crackers	100	8	2	2	
898	BRD-MXS	Armana Pasta	Chicken Alfredo	7 Oz	5	1 Cup Prepared	140	3	5	2	6.99
270	BRD-CRK	Andre's Rich Crackerbread	Country Onion	4 oz	4	1 Oz 3 Crackers	130	9	4	3	\$5.29
269	BRD-CRK	Andre's Rich Crackerbread	Garlic	4 oz	4	1 Oz 3 Crackers	130	9	4	3	\$5.29
273	BRD-CRK	Andre's Rich Crackerbread	Sweet Cinnamon	4 oz	4	1 Oz 3 Crackers	140	8	4	3	\$5.29
295	BRD-CRK	Andre's Rich Crackerbread	Zesty Italian	4 oz	4	1 Oz 3 Crackers	130	9	4	3	\$5.29
853	NDL	Darielle Pasta	Elbow	12 Oz	6	3/4 Cup Dry	160	1	8	3	\$3.49
356	BRD-MXS	Alpineaire LC Soup	Bay Shrimp Bisque	.92 Oz	1	1 Container	150	11	1	4	\$2.99
915	BRD-MXS	Atkins Quick Cuisine	Elbows & Cheese	4.7 Oz	2	67g	340 Prep	7	9	7	\$4.99

## BREAKFAST ITEMS

			NET WEIGHT	SERVINGS	SERVING SIZE	CALORIES	FATS	FIBER	WW	PRICE
684 BRK-JMJ	Keto Fruit Spread	Black Currant	10 Oz	17	1 Tbsp	10	0	0	0	\$5.99
427 BRK-JMJ	Keto Fruit Spread	Orange Marmalade	10 Oz	17	1 Tbsp	10	0	0	0	\$5.99
476 BRK-SCS	Keto Maple Syrup	Maple/Butter	12 Oz	6	1/4 Cup	5	0	0	0	\$4.99
531 BRK-SCS	Joseph's Syrup	Maple	12 Oz	6	1/4 Cup	35	0	0	1	\$3.99
421 BRK-JMJ	La Nouba Spread	Cherry	8 Oz	13	1 Tsp	40.8	0	0	1	\$5.79
558 BRK-JMJ	La Nouba Spread	Orange Marmalade	8 Oz	13	1 Tsp	40.8	0	0	1	\$5.79
114 BRK-JMJ	La Nouba Spread	Raspberry	8 Oz	13	1 Tsp	40.8	0	0	1	\$5.79
780 BRK-JMJ	La Nouba Spread	Strawberry	8 Oz	13	1 Tsp	40.8	0	0	1	\$5.79
525 BRK-SCS	Steel's Syrup	Country Maple	12 Oz	7.5	3 Tbsp	64	0	0	1	\$5.50
65 BRK-CRL	Low Carb Success Granola	Cherry	9 Oz	6	1/2 Cup	210	16	4	5	\$8.29
141 BRK-CRL	Low Carb Success Granola	Cinnamon Nut	9 Oz	6	1/2 Cup	210	16	4	5	\$8.29
480 BRK-DRK	Keto Drink Mix	Orange Juice	220g	60	1 tsp	2	0	0		\$ 9.95

## CANDY

		NET WEIGHT	SERVINGS	SERVING SIZE	CALORIES	FATS	FIBER	WW	PRICE	
801 CDY-CDY	Bon Bon Fruit Drops	Apricot	.87 Oz	5	3	12	0	0	0	\$1.69
799 CDY-CDY	Bon Bon Fruit Drops	Lemon	.87 Oz	5	3	12	0	0	0	\$1.69
353 GUM	Blitz Power Gum	Freshmint	3/4 Oz	12	2 Mints	1	0	0	0	\$1.99
352 GUM	Blitz Power Gum	Spearmint	3/4 Oz	12	2 Mints	1	0	0	0	\$1.99
333 MNT	Blitz Power Mints	Berry	7 g	25	2	1	0	0	0	\$1.99
337 MNT	Blitz Power Mints	Cappuccino	7g	25	2	1	0	0	0	\$1.99
334 MNT	Blitz Power Mints	Chocolate	7 g	25	2	1	0	0	0	\$1.99
335 MNT	Blitz Power Mints	Cinnamon	7 g	25	2	1	0	0	0	\$1.99
338 MNT	Blitz Power Mints	Ice Mint	7 g	25	2	1	0	0	0	\$1.99
336 MNT	Blitz Power Mints	Orange	7 g	25	2	1	0	0	0	\$1.99
568 CAR-CDY	Judy's Caramels	Vanilla	6.5 Oz	8	1 Pc	60	2	0	1	\$7.75
63 CDY-CDY	Go Lightly Candy	Butterscotch	1/2 Lb	7	5	60	0	0	1	\$3.99
57 CDY-CDY	Go Lightly Candy	Licorice	1/2 Lb	7	4	60	0	0	1	\$3.99
39 CDY-CAR	Asher's Caramels	Vanilla	4 Oz	4	2 Pcs	130	7	5	2	\$3.89
551 CDY-CDY	Carbolite Candies	Gummy Bears	3 Oz	2	17 pcs	100	0	0	2	\$2.49

## CHOCOLATES

			NET WEIGHT	SERVINGS	SERVING SIZE	CALORIES	FATS	FIBER	WW	PRICE
782	CHL-BAR	Carbolite Chocolate Bars-Lg	Chocolate Almond	1.75 Oz	7	2 Pcs	42	3	1	\$2.49
386	CHL-BAR	Carbolite Chocolate Bars-Lg	Chocolate Crisp	1.75 Oz	7	2 Pcs	36	2	1	\$2.49
906	CHL-BAR	Dr.'S Diet Carb Rite Sf Bar	Dark	3 Oz	12	1 Square	32	2.25	0.5	\$3.29
169	CHL-BAR	Dr.'S Diet Carb Rite Sf Bar	Milk	3 Oz	12	1 Square	32	2.25	0	\$3.29
155	CHL-BAR	Dr.'S Diet Carb Rite Sf Bar	Mint	3 Oz	12	1 Square	31	2	0.5	\$3.29
721	CHL-BAR	Dr.'S Diet Carb Rite Sf Bar	White	3 Oz	12	1 Square	32	2.5	0	\$3.29
765	CHL-CHL	Pure Delite Treasure Bites	Crisp	12g	1	1 Bite	56	3.9	0.3	\$0.65
764	CHL-CHL	Pure Delite Treasure Bites	Dark Chocolate	12g	1	1 Bite	55	4.3	0.3	\$0.65
655	CHL-CHL	Pure Delite Truffles	Amaretto	12 g	1	1 Truffle	61	5	1	\$0.75
322	CHL-CHL	Pure Delite Truffles	Hazelnut	12 g	1	1 Truffle	61	4.7	0	\$0.75
653	CHL-CHL	Pure Delite Truffles	Mint	12 g	1	1 Truffle	60	5.1	1	\$0.75
656	CHL-CHL	Pure Delite Truffles	Peanut Butter	12g	1	1 Truffle	62	4.8	0	\$0.75
820	CHL-BAR	Carbolite At Last	Chocolate Almond	1	1	1 Bar	120	10	6	\$1.49
819	CHL-BAR	Carbolite At Last	Chocolate Crisp	1 Oz	1	1 Bar	110	9	6	\$1.49
311	CHL-BAR	Carbolite Popular Bar	Caramel Bar	1 Oz	1	1 Bar	100	5	0	\$1.49
306	CHL-BAR	Carbolite Popular Bar	Caramel Nougat	1.1 Oz	1	1 Bar	100	5	1	\$1.49
836	CHL-BAR	La Nouba Silhouette	Coconut	.64 Oz	1	1 Bar	72	5	0	\$0.99
702	CHL-BAR	Atkin's Endulge Bars	Chocolate	1.06 Oz	1	1 Bar	150	12	3	\$1.49
97	CHL-BAR	Atkin's Endulge Bars	Chocolate Crème Wafer	1 Oz	1	2 Bars	120	9	3	\$1.49
693	CHL-BAR	Atkin's Endulge Bars	Chocolate Crunch	1.06 Oz	1	1 Bar	150	12	3	\$1.49
688	CHL-BAR	Atkin's Endulge Bars	Chocolate Peanut Butter	1.06 Oz	1	1 Bar	150	12	3	\$1.49
854	CHL-BAR	Atkin's Endulge Bars	Mint	1 Oz	1	1 Bar	120	9	3	\$1.49
821	CHL-BAR	Carbolite At Last	Chocolate Peanut Butter	1 Oz	1	1 Bar	120	11	5	\$1.49
315	CHL-BAR	Carbolite Popular Bar	Choc. Coco. & Almond	1.1 Oz	1	1 Bar	120	8	2	\$1.49
307	CHL-BAR	Carbolite Popular Bar	Pecan Cluster	1 Oz	1	1 Bar	120	8	<1	\$1.49
308	CHL-BAR	Carbolite Popular Bar	Toffee Bar	1 Oz	1	1 Bar	110	7	0	\$1.49
789	CHL-BAR	Pure Delite Caramel Bar	Caramel Bar	1 Oz	1	1 Bar	120	5	1	\$1.59
818	CHL-BAR	Pure Delite Caramel Bar	Caramel Crisp	1 Oz	1	1 Bar	120	6	1	\$1.59
793	CHL-BAR	Pure Delite Caramel Bar	Caramel Peanut Butter	1 Oz	1	1 Bar	120	6	1	\$1.59
797	CHL-BAR	Pure Delite Caramel Bar	Caramel Pecan	1 Oz	1	1 Bar	130	7	1	\$1.59
436	CHL-CHL	Low Carb Chef Chocolates	Peppermint Patties	4 Oz	2.5	3 Pcs	150	9	3	\$5.29
132	CHL-CHL	Smooches	Dark	4 Oz	4	1 Oz	136	9	2	\$4.99
367	CHL-CHL	Russell Stover Low Carb-	Mint Patties	1	1	2 pieces	120	7	<1	\$1.29
431	CHL-CHL	Russell Stover Low Carb-	Pecan Delights	1 Oz	1	2 pieces	130	9	1	\$1.29
786	CHL-BAR	Carbolite Chocolate Bars-Lg	Dark Chocolate	1.75 Oz	1	1 Bar	160	19	3	\$2.49
774	CHL-BAR	Carbolite Chocolate Bars-Sm	Milk Chocolate	1 Oz	1	1 Bar	140	10	<1	\$1.49
554	CHL-BAR	La Nouba Bar	Dark Chocolate	1.5 Oz	1	1 Bar	190	15	4.2	\$1.99
661	CHL-BAR	Pure Delite Chocolate Bar	Dark Chocolate	1 1/3 Oz	1	1 Bar	173	13.6	3.8	\$1.79
659	CHL-BAR	Pure Delite Chocolate Bar	Milk Chocolate	1 1/3 Oz	1	1 Bar	187	8.6	1.1	\$1.79
34	CHL-CHL	Ross	Almond	1.2 Oz	1	1 Bar (34g)	170	12.8	1.3	\$1.99
934	CHL-CHL	Ross	Dark	1.2 Oz	1	1 Bar (34g)	155	12.2	3.4	\$1.99
23	CHL-CHL	Ross	Coconut	1.2 Oz	1	1 Bar (34g)	170	12.9	1	\$1.99
365	CHL-CHL	Russell Stover Low Carb-	Truffle Cups	3.5 Oz	3	4 pieces	170	11	<1	\$2.99
359	CHL-CHL	Russell Stover Low Carb-	Peanut Butter Cups	3.5 Oz	3	4 pieces	180	14	2	\$2.99

366	CHL-CHL	Russell Stover Low Carb-	Pecan Delights	3.5 Oz	2	4 pieces	180	12	1	4	\$2.99
553	CHL-BAR	Asher's Bar	Chocolate Mint	1.65 Oz	1	1 Bar	200	13	0.9	5	\$1.99
331	CHL-BAR	Asher's Bar	Liquid Caramel	1.65 Oz	1	1 Bar	200	13	0.6	5	\$1.99
332	CHL-BAR	Asher's Bar	Dark Liquid Raspberr	1.65 Oz	1	1 Bar	190	10	<1	5	\$1.99
556	CHL-BAR	La Nouba Bar	Milk Chocolate	1.5 Oz	1	1 Bar	204	15.4	1.1	5	\$1.99
662	CHL-BAR	Pure Delite Chocolate Bar	Almond	1 1/3 Oz	1	1 Bar	190	14.3	2	5	\$1.79
584	CHL-BAR	Pure Delite Chocolate Bar	Coconut	1 1/3 Oz	1	1 Bar	190	14.4	1.1	5	\$1.79
660	CHL-BAR	Pure Delite Chocolate Bar	Mint	1 1/3 Oz	1	1 Bar	187	13.9	1.1	5	\$1.79
313	CHL-BAR	Pure Delite Chocolate Bar	Orange	1 1/3 Oz	1	1 Bar	187	8.6	1.1	5	\$1.79
658	CHL-BAR	Pure Delite Chocolate Bar	Peanut	1 1/3 Oz	1	1 Bar	190	14.3	1.1	5	\$1.79
657	CHL-BAR	Pure Delite Chocolate Bar	White Chocolate	1 1/3 Oz	1	1 Bar	187	13.7	0	5	\$1.79
454	CHL-CHL	Asher's Chocolate Bags	Peanut Butter Cups	4 Oz	8	1 Cup	200	16	1	5	\$3.89
42	CHL-CHL	Asher's Chocolate Bags	Pecan Caramel	4 Oz	3	2 Pcs	210	16	1	5	\$3.89
935	CHL-CHL	Ross	Supreme	1.2 Oz	1	1 Bar (34g)	167	17.1	1	5	\$1.99
552	CHL-BAR	Asher's Bar	Milk Chocolate	1.65 Oz	1	1 Bar	220	17	1	6	\$1.99
401	CHL-BAR	Asher's Bar	Peanut Butter	1.65 Oz	1	1 Bar	230	18	2	6	\$1.99
785	CHL-BAR	Carbolite Chocolate Bars-Lg	Milk Chocolate	1.75 Oz	1	1 Bar	250	18	1	6	\$2.49
500	CHL-CHL	ZamLows Chocolate Chips	Chips			.4 Oz	48	3			\$5.75

## CONDIMENTS

			NET WEIGHT	SERVINGS	SERVING SIZE	CALORIES	FATS	FIBER	WW	PRICE
	DRS Steel's Salad Dressings	Honey Mustard								
699	DRS Walden Farms Salad Dressings	1000 Island	12 Oz	12	2 Tbsp	0	0	0	0	\$4.29
697	DRS Walden Farms Salad Dressings	Blue Cheese	12 Oz	12	2 Tbsp	0	0	0	0	\$4.29
692	DRS Walden Farms Salad Dressings	Creamy Bacon	12 Oz	12	2 Tbsp	0	0	0	0	\$4.29
184	DRS Walden Farms Salad Dressings	French	12 Oz	12	2 Tbsp	0	0	0	0	\$4.29
686	DRS Walden Farms Salad Dressings	Honey Dijon	12 Oz	12	2 Tbsp	0	0	0	0	\$4.29
589	DRS Walden Farms Salad Dressings	Italian	12 Oz	12	2 Tbsp	0	0	0	0	\$4.29
696	DRS Walden Farms Salad Dressings	Italian Sundried Tomato	12 Oz	12	2 Tbsp	0	0	0	0	\$4.29
701	DRS Walden Farms Salad Dressings	Ranch	12 Oz	12	2 Tbsp	0	0	0	0	\$4.29
5	SCS Atkins Sauces	Barbeque	10 Oz	20	1 Tbsp	15	1	0	0	\$4.29
317	SCS Atkins Sauces	Steak	10 Oz	20	1 Tbsp	15	0	0	0	\$4.29
320	SCS Atkins Sauces	Teriyaki	10 Oz	20	1 Tbsp	10	1	0	0	\$4.29
245	SCS Steel's Sauce	Hoisin	13 Oz	12	2 Tbsp	15	0	1	0	\$6.59
397	SCS Steel's Sauce	Sweet-N-Sour	13.5 Oz	11	1 Tbsp	5	0	0	0	\$6.59
288	SCS Steel's Sauce	Barbeque	13.5oz	13	2 Tbsp	15	0	0		\$5.99
704	SCS Walden Farms Bbq Sauce	Hickory Smoke	12 Oz	12	2 Tbsp	0	0	0	0	\$4.29
705	SCS Walden Farms Bbq Sauce	Honey	12 Oz	12	2 Tbsp	0	0	0	0	\$4.29
707	SCS Walden Farms Bbq Sauce	Original	12 Oz	12	2 Tbsp	0	0	2	0	\$4.29
185	SCS Walden Farms Bbq Sauce	Thick-N- Spicy	12 Oz	12	2 Tbsp	0	0	0	0	\$4.29
187	SCS Walden Farms Cocktail Sauce	Original	12 Oz	24	1 Tbsp	0	0	0	0	\$4.29
363	SCS Walden Farms Sauce	Alfredo	15 Oz	15	2 Tbsp	0	0	0	0	\$4.69
362	SCS Walden Farms Sauce	Maranara	15 Oz	5	1/3 Cup	0	0	0	0	\$4.69
364	SCS Walden Farms Sauce	Scampi	15 Oz	7	1/4 Cup	0	0	0	0	\$4.69
234	SCS Steel's Sauce	Cocktail Sauce	13 Oz	6	4 Tbsp	36	0	0.5	1	\$6.59
188	SCS Walden Farms Bruchetta	Original	12 Oz	12	2 Tbsp	35	3	0	1	\$4.29
189	SCS Walden Farms Bruchetta	Pesto	12 Oz	68	1 Tsp	68	1	0	1	\$4.29
828	SCS Duke's Sauces	Mayonnaise	16 Oz	32	1 Tbsp	100	12	0	3	\$3.99

## COOKBOOKS AND MEDICALS

371 CBK	Atkins for Life			\$24.95
243 CBK	Atkins New Diet Revolution Book			\$7.99
266 CBK	Atkins Vita Nutrient			\$15.00
229 CBK	Carb Addict's Diet			\$7.50
228 CBK	Complete Book Of Food Counts			\$7.50
218 CBK	Fabulous Lo-Carb Cuisine			\$12.95
604 CBK	Netzer's Carb Diary			\$10.95
256 CBK	Protein Power Gram Counter			\$4.99
255 CBK	Protein Power Pocketbook			\$7.50
605 CBK	Secret To Low Carb Success			\$6.99
941 CBK	South Beach Diet			\$24.95
265 CBK	South Beach Diet Guide			\$7.99
247 CBK	Sugarbuster's Quick & Easy Cookbook			\$24.00
756 CBK	15-Minute Low-Carb Recipes			\$17.95
1008 CBK	Low-Carb Comfort Food Cookbook			\$24.95
527 MDS	Atkins Supplements	Accel	45 Tabs	\$13.95
529 MDS	Atkins Supplements	Dieter's Advantage	60 Tabs	\$9.99
528 MDS	Atkins Supplements	Essential Oils	60 Tabs	\$14.99
566 MDS	Atkins Supplements	14 Day Starter Kit		\$24.99
889 MDS	Atkins Supplements	Vita-Chol	45 Tabs	\$19.99
903 MDS	Dr.'s Carbrite Diet Supplements	Fat Block	60 Tabs	\$18.95
448 MDS	Keto Supplements	CLA	60 Tabs	\$9.99
452 MDS	Keto Supplements	Carnatine	30 Tabs	\$8.99
453 MDS	Go Lightly Cough Drops	Menthol	30 Drops	\$1.99
878 MDS	Burt's Bees Herbal Insect Repellent		4 Oz	\$6.79
879 MDS	Burt's Bees Res-Q Ointment		.60 Oz	\$4.29
961 MDS	Burt's Bees Breath Drops	Peppermint	2 Oz	\$4.99
861 MDS	Doctor Burt's Cinna Mint Toothpaste		3.2 Oz	\$4.99
977 MDS	Burt's Beeswax Lip Balm-Tin		.30 Oz	\$2.50
937 MDS	Burt's Bees Tomato Complexion Soap		4 Oz	\$7.99
1001 MDS	Burt's Shea De'collete' Crème		1.25 Oz	\$9.99
936 MDS	Burt's Bees Shampoo Bar	Rosemary Mint	3.5 Oz	\$5.99

## DESSERTS

			<u>Net Weight</u>	<u>Servings</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Fats</u>	<u>Fiber</u>	<u>WW</u>	<u>Price</u>
710	DST-CKS	Heavenly Desserts Meringues	Cappacino	1.6 Oz	30	1 Pc	0	0	0	\$4.29
197	DST-CKS	Heavenly Desserts Meringues	Chocolate	1.6 Oz	30	1 Pc	0	0	0	\$4.29
650	DST-CKS	Heavenly Desserts Meringues	Lemon	1.6 Oz	30	1 Pc	0	0	0	\$4.29
663	DST-CKS	Heavenly Desserts Meringues	Vanilla	1.6 Oz	30	1 Pc	0	0	0	\$4.29
886	DST-CKS	Heavenly Desserts Meringues	Strawberry	1.6 Oz	30	1 Pc	0	0	0	\$4.29
415	DST-CKS	La Nouba Marshmallows		2.7 Oz		7.5 Grams	7.8	0	0	\$2.49
462	DST-CKS	Keto Cookie Mix	Oatmeal Raisin	8.6oz	16	2 cookies	59	3	1	\$4.99
176	DST-SCS	Steel's Pie Filling	Apple	24 Oz	8	1/3 Cup	25	0	1.3	\$6.99
523	DST-SCS	Steel's Pie Filling	Blueberry	24 Oz	8	1/3 Cup	34	0	1.5	\$6.99
201	DST-SCS	Steel's Pie Filling	Cherry	24 Oz	8	1/3 Cup	25	0	1	\$6.99
220	DST-SCS	Steel's Pie Filling	Peach	24Oz	8	1/3 Cup	17	0	0.5	\$6.99
156	DST-SCS	Steel's Sauce	Cranberry	10 Oz	4	5 Tbsp.	20	0	1	\$6.99
186	DST-SCS	Walden Farms Chocolate Syrup	Chocolate	12 Oz	12	2 Tbsp	0	0	0	\$4.29
982	DST-SCS	Walden Farms Dip	Marshmallow	12 Oz	12	2 Tbsp	0	0	0	\$3.99
298	DST-MXS	Sans Sucre Mousse	Cheesecake	4 Oz	8	1/8 Package	60	1.5	0	\$3.99
166	DST-MXS	Sans Sucre Mousse	Chocolate	3 Oz	8	1/8 Package	50	2.5	1	\$3.99
167	DST-MXS	Sans Sucre Mousse	Chocolate Cheesecake	4 Oz	8	1/8 Package	60	1.5	0	\$3.99
168	DST-MXS	Sans Sucre Mousse	French Vanilla	3 Oz	8	1/8 Package	50	2	0	\$3.99
300	DST-MXS	Sans Sucre Mousse	Keylime	4 Oz	10	1/10 Package	60	3	0	\$3.99
299	DST-MXS	Sans Sucre Mousse	Lemon	3 Oz	8	1/8 Package	50	2	0	\$3.99
163	DST-MXS	Sans Sucre Mousse	Mocha/Cappuccino	3 Oz	8	1/8 Package	50	2.5	1	\$3.99
297	DST-MXS	Sans Sucre Mousse	Strawberry	3 Oz	8	1/8 Package	50	2	0	\$3.99
413	DST-SCS	La Nouba Sauce	Hazelnut	7.7oz		1 Tbsp	108	10.3	0	\$4.99
544	DST-SCS	Steel's Sauce	Chocolate	15.5 Oz	15	2 Tbsp	50	0	0	\$5.99
253	DST-SCS	Steel's Sauce	Praline	10 Oz	10	2 Tbsp	65	2	1	\$6.99
482	DST-CKS	Carbolite Cookies	Peanut Butter	1.1 Oz	1	1	120	9	4	\$0.99
388	DST-SCS	Steel's Sauce	Caramel	10 Oz	10	2 Tbsp	90	8	1	\$6.99
207	DST-SCS	Steel's Sauce	Fudge	11 Oz	10	2 Tbsp	65	2.5	0	\$6.99
139	DST-CKS	Lc Creations Cookie	Coconut	4 Oz	4	1 Cookie	135	10	1	\$4.29
518	DST-CKS	Lc Creations Cookie	Peanut Butter	4 Oz	4	1 Cookie	140	11	1	\$4.29
859	DST-CKS	Pure Delite Pretzels	Dark Chocolate	2 Oz	2	1 Oz	140	7	3	\$2.99
851	DST-CKS	Pure Delite Pretzels	White Chocolate	2 Oz	2	1 Oz	140	7	2	\$2.99
66	DST-MXS	Bernard Cake Mix	Banana	16 Oz	12	1/12 Cake	150	3	1	\$7.99
59	DST-MXS	Bernard Cake Mix	Lemon	16 Oz	12	1/12 Cake	150	3	1	\$7.99
857	DST-CKS	Carbolite Cookies	Shortbread	1.1 Oz	1	1	180	9	2	\$0.99

## PROTEINS

			NET WEIGHT	SERVINGS	SERVING SIZE	CALORIES	FATS	FIBER	<u>WW</u>	PRICE	
172	PRT-SNK	Lean Protein Bites	White Chocolate	1 Oz	1	1 Package	120	4	0	3	\$1.99
557	PRT-BAR	Atkins Advantage Bar	Almond Brownie	2.11 Oz	1	1 Bar	220	8	7	4	\$2.49
205	PRT-BAR	Atkins Advantage Bar	Chocolate Mocha	2.11 Oz	1	1 Bar	220	10	10	4	\$2.49
9	PRT-BAR	Dr.'S Carb Rite Diet Bar	Choc Peanut Butter	2 Oz	1	1 Bar	190	4	0	4	\$2.29
443	PRT-BAR	Keto Bar	Lemon Chiffon	2.3 Oz	1	1 Bar	230	6	4	4	\$1.99
595	PRT-SHK	Atkins Shakes-RTD	Strawberry	44 Oz	4 Pack	1 can	170	9	3	4	\$9.99
788	PRT-SHK	Atkins Shakes-RTD	Café' au Lait	44 Oz	4 Pack	1 Can	170	9	3	4	\$9.99
607	PRT-SHK	Atkins Shakes	Chocolate	16 Oz	11	2 Scoops	180	9	2	4	\$19.99
777	PRT-SHK	Atkins Shakes	Strawberry	16 Oz	11	2 Scoops	170	8	0	4	\$19.99
887	PRT-SNK	Pure Delite Cookies	Chocolate	2.2 Oz	1	<u>1 Cookie</u>	210	8	5	4	\$1.99
887B	PRT-SNK	Pure Delite Cookies	Chocolate	1 lb 6 Oz	10	<u>1 Cookie</u>	210	8	5	4	\$17.90
888	PRT-SNK	Pure Delite Cookies	Peanut Butter	2.2 Oz	1	<u>1 Cookie</u>	210	8	5	4	\$1.99
888B	PRT-SNK	Pure Delite Cookies	Peanut Butter	1 lb 6 Oz	10	<u>1 Cookie</u>	210	8	5	4	\$17.90
	PRT-SNK	Pure Delite Cookies	Cinnamon Raisin	2.2 Oz	1	<u>1 Cookie</u>	210	8	5	4	\$1.99
	PRT-SNK	Pure Delite Cookies	Cinnamon Raisin	1 lb 6 Oz	10	<u>1 Cookie</u>	210	8	5	4	\$17.90
293	PRT-BAR	Atkins Advantage Bar	Coconut	2.11 Oz	1	1 Bar	230	11	9	5	\$2.49
794	PRT-BAR	Keto Bar	Strawberry	2 Oz	1	1 Bar	220	9	1	5	\$1.99

## SNACKS

			NET WEIGHT	SERVINGS	SERVING SIZE	CALORIES	FATS	FIBER	<u>WW</u>	PRICE
513 SNK-DPS	Gringo Billy's	Guacamole	.72 Oz	8	1 Tsp	10		1	0	\$2.99
490 SNK-DPS	Gringo Billy's	Salsa	.88 Oz	10	1 Tsp	5		1	0	\$2.99
191 SNK-DPS	Heritage Sauces	Salsa	12oz		9	2 Tbsp	0	0		\$5.60
945 SNK-DPS	J & J Seasoning-	New Orleans Blackene	.6 Oz	6 to 9	1 L	8	0	0	0	\$2.99
182 SNK-DPS	Walden Farms Dips	Blue Cheese	12 Oz	12	2 Tbsp	0	0	0	0	\$4.29
750 SNK-DPS	Walden Farms Dips	French Onion	12 Oz	12	2 Tbsp	0	0	0	0	\$4.29
428 SNK-DPS	Walden Farms Dips	Chocolate Dip	12 Oz	12	2 Tbsp	0	0	0	0	\$4.29
224 SNK-CHP	Lowery's Pork Rinds	Hot & Spicy	1.75 Oz	3.5	1/2 Oz	60	2	0	1	\$1.99
223 SNK-CHP	Lowery's Pork Rinds	Original	1.75 Oz	3.5	1/2 Oz	60	2	0	1	\$1.99
578 SNK-CHP	Racquet Chips	Bar-B-Que	72.8 g	14	6	30	1	0	1	\$3.29
577 SNK-CHP	Racquet Chips	Sour Crème & Chives	72.8 g	14	6	30	1	0	1	\$3.29
708 SNK-CHP	Racquet Chips	Wheat Chips	72.8 g	14	6	30	1	0	1	\$3.29
967 SNK-CHP	Racquet Chips	Cheddar Cheese	3 Oz	14	6	30	1	0	1	\$3.29
142 SNK-NUT	Judy's Brittle	Peanut	8 Oz	7	3/4 Cup	100	6	<1	2	\$4.99
227 SNK-CHP	J & J Critters Pork Rinds	Spicy	10 Oz	10	1 Oz	130	4	0	3	\$6.59
567 SNK-NUT	Judy's Brittle	Mixed Nut	4 Oz	4	1/4 Pc	120	7	<1	3	\$3.99
952 BRD-CRK	Aunt Lizzie's Bites- Tin	Cheese Straws	20 Oz	40	8 pieces	209	9	4	4	\$18.99
162 SNK-CHP	Just The Cheese	Honey Dijon	2 Oz	2	1 Oz	150	13	0	4	\$3.29
235 SNK-CHP	Just The Cheese	Jalapeno	2 Oz	2	1 Oz	150	13	0	4	\$3.29
276 SNK-CHP	Just The Cheese	Lower Salt Cheddar	2 Oz	2	1 Oz	150	13	0	4	\$3.29
200 SNK-NUT	Carbolite Chocolate Covered	Almonds	1.77 Oz	1.25	9 Pcs	210	17	2	5	\$2.49

## FROZEN

		NET WEIGHT	SERVINGS	SERVING SIZE	CALORIES	FATS	FIBER	WW	PRICE
922 FRN-BRD	Carb Control Bagel	Onion	15.6 Oz	6	1 Bagel	45	1 7	0	\$5.99
923 FRN-BRD	Carb Control Bagel	Cinnamon Raisin	15.6 Oz	6	1 Bagel	45	1 7	0	\$5.99
921 FRN-BRD	Carb Control Bagel	Plain	15.6 Oz	6	1 Bagel	45	1 7	0	\$5.99
924 FRN-BRD	Carb Control Bagel	Blueberry	15.6 Oz	6	1 Bagel	45	1 7	0	\$5.99
954 FRN-BRD	Carb Control Bread	Plain	16 Oz	22-24	2 slices	45	1 7	0	\$5.99
534 FRN-BRD	Carb Control Bread	Hamburger Buns	15.6 Oz	6	2 slices	45	1 7	0	\$5.99
274 FRN-BRD	Atkin's Bagel	Onion	15 Oz	6	1 Bagel	190	4.5 11	3	\$4.99
392 FRN-BRN	Carb Control Brownie	Classic	3 Oz	1.5	2 Oz	170	6 10	3	\$2.69
770 FRN-PIE	ZamLows Pecan Pie	Pecan	1.75 Lbs	8	1 Slice	226	22 2	6	\$21.99
	FRN-PIE ZamLows Pecan Pie	Pecan	Mini	2	1 Slice	226	22 2	6	\$3.49
	FRN-PIE ZamLows Pecan Pie	Choc Pecan	1.75 Lbs	8	1 Slice	226	22 2	6	\$23.99
	FRN-PIE ZamLows Pecan Pie	Choc Pecan	Mini	2	1 Slice	226	22 2	6	\$3.49
	FRN-PIE ZamLows Pecan Pie	Fudge Pecan	1.75 Lbs	8	1 Slice	226	22 2	6	\$21.99
546 FRN-CAK	LC Creations Cheese Cakes	Chocolate Swirl	3 Oz	1	3 oz	250	20 0	7	\$2.99
545 FRN-CAK	LC Creations Cheese Cakes	New York Style	3 Oz	1	3 oz	250	20 0	7	\$2.99
545 FRN-CAK	LC Creations Cheese Cakes	New York Style	8 oz	8	3 oz	250	20 0	7	\$14.99
545 FRN-CAK	LC Creations Cheese Cakes	Key Lime	3 Oz	1	3 oz	250	20 0	7	\$2.99