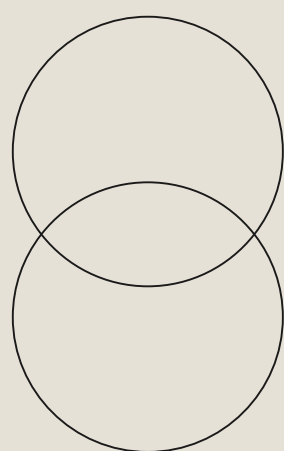


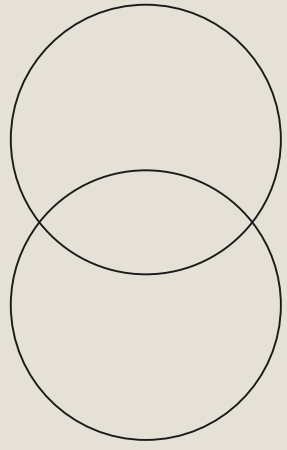
Fat-Burning Favorites Grocery List



Month #1

Sara Lee Delight 45 Calorie Bread
Egg Whites
Cinnamon
Vanilla Extract
Zero Calorie Sweetener
Fat-Free Cottage Cheese
Coconut Flour
Baking Powder
Flour
Vanilla Casein Protein Powder
Skim Milk
Sugar-Free Vanilla Pudding Mix
Sugar-Free Cool Whip
Cinnamon Toast Crunch Cereal
Chocolate Casein Protein Powder
Cocoa Powder
Baking Soda
Butter
Nonfat Plain Greek Yogurt
Vanilla Extract
Unsweetened Almond Milk
Sugar Free Syrup
Sugar Free Chocolate Syrup
Blueberries
Chicken Breast
Fat Free Cream Cheese
Low Carb Tortillas
RedHot Buffalo Sauce
Brown Swerve Sweetener
Swerve Sweetener
Lily's Chocolate Chips

Fat-Burning Favorites Grocery List



Month #1

Shredded Lettuce
Cheddar Cheese
Sliced Turkey Breast
Low Calorie Hamburger Buns
Top Sirloin Steak
White Onion
Green Peppers
Worcestershire Sauce
American Cheese
Banza Chickpea Pasta
Shredded Cheddar Cheese
Lean Ground Beef
Sugar Free Ketchup
Light or Avocado Mayo
Pickles
Low Sugar Salsa
Tomato
Taco Seasoning
Thin Pizza Crust or Flatbread
Sugar Free Marinara Sauce
Shredded Mozzarella Cheese
Turkey Pepperoni
Peas
Carrots
Celery
Tuna
Red Wine Vinegar
Beef Broth
Xanthan Gum
Oreo O's Cereal
Canned Pumpkin