

# Stocking your Kitchen for Successful Weight Loss - *Positively Stacey*

## **In the Pantry**

Canned Tuna packed in water  
Canned Chicken  
La Tortilla Factory Light Tortillas  
Bread, Sara Lee 45 and Nature's Own Sugar Free are my low point choices  
Flatout Light Flatbread  
Pure Protein Bars  
Canned Corn  
Beans, all kinds  
Soups  
Bananas  
Avocado  
Kashi Go Lean  
PB2 - powdered peanut butter found in the peanut butter aisle  
Pam cooking sprays

## **In the Fridge**

Precooked Chicken Breast  
Eggs  
Fat-Free Greek Yogurt  
Assorted vegetables – Carrots, red bell peppers, and cucumbers are my favorites to enjoy as a snack.  
Pickles  
Fresh Fruit  
Babybel Light Cheese  
String cheese, Light  
Deli Meat  
Fresh Fish  
Ground Turkey, Low Fat  
Riced Cauliflower  
Salad Dressings  
Mixed Greens  
Salsa  
Kraft Olive Oil Mayo  
I Can't Believe It's Not Butter Spray

## **In the Freezer**

Frozen Mixed Berries  
Assorted Veggies  
Frozen Fish  
Grapes for snacking  
Kodiak Dark Chocolate Protein Waffles  
Weight Watchers Dark Chocolate Raspberry Ice Cream Bars  
Halo Top Ice Cream