

My Top 25 Pantry Picks!

@ifyouhaveanegg

(even if I don't have anything else in my kitchen, I have these!)

- Eggland's Best Eggs: 1 = 2SP
- Eggland's Best 100% Egg Whites: 3 Tbsp = 0SP
- So Delicious Almond+ Unsweetened Almond Milk: 1 cup = 1SP
- Bragg Nutritional Yeast: 1 Tbsp = 0SP
- Dean Jacobs Italian Bread Dipping Seasoning: 1 tsp = 0SP
- Arizona Diet Green Tea: 8 oz = 0SP
- Trader Joe's (or similar) Fat Free Ricotta Cheese: ¼ cup = 1SP
- Unsweetened Applesauce Cups: 1 container = 0SP
- Laughing Cow Light Swiss: 1 wedge = 1SP
- Whitewheat Bread: 1 slice = 1SP
- Baby Spinach: 1 cup = 0SP
- Bananas: 1 = 0SP
- Clementines: 1 = 0SP
- Cary's Sugar Free Syrup: ¼ cup = 1SP
- Halo Top Ice Cream: ½ cup = 2 to 3 SP
- Quaker Cheese Grits: 1 packet = 3SP
- Quest Bars: 1 bar = 4 to 5 SP
- Trader Joe's Savory Edamame Crackers: 38 chips = 3SP
- Fluff Marshmallow Crème: 2 Tbsp = 2SP
- Smart Balance Chunky Peanut Butter: 1 Tbsp = 3SP
- Protein Pancake Mix (Kodiak or Birch Benders): ½ cup = 5SP
- Applegate Sunday Bacon: 1 slice = 1SP
- Frozen Blueberries: 1 cup = 0SP
- Kirkland Bacon Crumbles (or similar): 1 Tbsp = 1SP
- Velveeta Original Slices: 1 slice = 1SP

