

## WW goes shopping at Costco

- Laughing Cow 68% Less Fat cheese
- fat-free yogurt
- fat-free sour cream
- whole-wheat Melba Toast
- Kellogg's Bran Buds
- Healthy Choice sprouted grain tortillas
- Weight Watchers bread
- whole wheat pitas
- Wonder 2 pt burger buns
- whole wheat English muffins
- whole wheat pasta
- fat-free Ranch dressing
- vegetables
- Mrs. Dash seasoning (various flavours)
- Schneiders fat-free cold cuts
- turkey pepperoni
- Boca burgers (roasted onion flavour)
- Slim Cow Ice Cream Sandwiches
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