

# Walmart

## haul

- Campbell's Chicken & Stars  
1/2 cup = 2SP    can = 5SP
- corn 0SP
- Tyson Grilled & Ready Chicken  
3 oz = 0SP
- Eckrich Turkey Smoked Sausage  
2 oz = 4SP
- Veg. all Homestyle 0SP
- Alton's Green Beans 0SP
- Minute Rice White & Red Quinoa  
1 cup = 4SP
- Olé Extreme Wellness High Fiber  
1 tortilla = 1SP
- Bumble Bee Albacore Tuna  
1 pouch = 0SP
- Bothouse Farms Cucumber Ranch  
2 Tbsp = 1SP
- Parkay Spray  
3 sprays = 0SP
- Dannon Light & Fit Greek Yogurt  
1 = 2SP
- Hellman's Light Mayo  
1 Tbsp = 1SP

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@ifyouhaveaneap