**WEIGHT WATCHERS FREESTYLE GROCERY LIST**

**WEEK OF 8/5/19**

**FRESH PRODUCE MEATS/FISH DAIRY PRODUCTS**

**Bunch of Green Onions 7 Lbs. Ground Turkey Breast Sugar & Fat Free Dulce de Leche Pudding**

**Honeydew Melon + Watermelon 2 Lbs. Chicken Tenderloins ½ Gallon of Skim Milk**

**Fresh Spinach 3 Lbs. Medium Shrimp 2 Dozen Eggs**

**Bunch of Red Seedless Grapes 2 Lbs. Frozen Large Shrimp 4 Bags of Kraft Fat Free Mozzarella Cheese**

**Quart Strawberries 2 Lbs. Boneless Chicken Cutlets 1 Bag of Kraft Fat Free Cheddar Cheese**

**1 Banana + 1 Orange 2 Packs of Canadian Bacon (9 Slices) 32 oz. of Fat Free Cottage Cheese**

**9 Yellow Onions + 3 Red Onions Center Cut Bacon Quart of Fat Free Half & Half**

**6 Green Bell Peppers + 4 Red Bell Peppers 32 oz. of Fat Free Plain Greek Yogurt**

**3 Heads of Garlic CANNED MEAT** **Tub of Land O’Lakes Whipped Butter**

**1 Ear of Corn on Cob**

**1 Zucchini 2 Cans of Solid White Tuna in Water BAKERY**

**2 Tomatoes**

**4 Limes SOUP AISLE Angel Food Cake**

**Bag of Carrots 4-6 Ciabatta Rolls**

**2 Jalapenos 32 oz. of Fat Free Chicken Broth**

**2 Cucumbers 32 oz. of Fat Free Beef Broth CEREAL**

**Quart of Grape Tomatoes**

**Bunch of Celery Cream of Wheat**

**3 Bunches of Broccoli CANNED VEGETABLES Banana Nut Cheerios**

**4 Limes**

**Fresh Cilantro + Basil Water Chestnuts PASTA AISLE**

 **4 (15 oz.) Cans of Black Beans**

 **CONDIMENTS Reduced Fat Kraft Parmesan Cheese**

 **4 (28 oz.) Cans of Tomato Puree**

**Worcestershire Sauce FROZEN 16 oz. Can of Tomato Puree**

**Mt. Olive No Sugar Pickle Chips 2 (6 oz.) Cans of Tomato Paste**

**Hot Sauce Weight Watchers Giant Fudge Bars Can of Fire Roasted Tomatoes**

**Rice Wine Vinegar Bag of Corn 28 oz. Can of Crushed Tomatoes**

**Soy Sauce Bag of Frozen Broccoli Cuts 16 oz. Box of Jumbo Pasta Shells**

**Oyster Sauce 6 Bags of Cauliflower Rice**

**Fat Free Salsa**

**Jar of Roasted Red Bell Peppers SNACK/CANDY AISLE**

**Red Wine Vinegar**

**Vegetable Spray (Canola + Butter) 3 oz. of Sugar Free Grape Flavor Jell-O**

 **SPICE & BAKING AISLE \*\*ITEMS I ORDER ON AMAZON – BETTER PRICES /OR NOT FOUND IN STORES\*\***

**Bag of Granulated Splenda Biena Sea Salt Chickpea Snacks**

**Cornstarch 7 Premier Protein Vanilla Shakes**

**Baking Powder Sugar Free Chai Tea**

**All Purpose Flour Dried Ancho Chili Peppers**

**Pumpkin Pie Seasoning ThinSlim Impastable Low Carb Fettucine**

**2 Cans of Canned Pumpkin (Not Pie Filling) Shaoshing Cooking Wine**

**Almond Extract Walden Farms Raspberry Spread**

**Vanilla Extract Lilly’s Chocolate Chips**

**Ground Cinnamon**

**Salt \*\*REFER BACK TO THE WEEKLY MEAL PLAN FOR LINKS DIRECTLY TO THESE**

**Seasoned Salt AMAZON PRODUCTS\*\***

**Pepper**

**Cayenne Pepper**

**Crushed Red Pepper Flakes**

**Ground Oregano**

**Mexican Oregano**

**Ground Parsley**

**Garlic Powder + Onion Powder**

**Basil**

**Ground Coriander**

**Thyme**

**Ground Cumin**

**Dry Mustard**

**Chili Powder**

**Curry Powder**

**Dried Cilantro**

**Paprika**