**WEIGHT WATCHERS FREESTYLE GROCERY LIST**

**WEEK OF 8/12/19**

**FRESH PRODUCE MEATS/FISH DAIRY PRODUCTS**

**3 Bunches of Green Onions 7 Lbs. Ground Turkey Breast Borden Fat Free Cheese Slices**

**Honeydew 4 Lbs. Chicken Cutlets (Boneless) ½ Gallon of Skim Milk**

**5 Lb. Baking Potatoes Center Cut Bacon 2 Dozen Eggs**

**3 English Cucumbers 1 Lean Ham Steak 1 Bag of Kraft Fat Free Mozzarella Cheese**

**1 Red Onion 3 Bags of Kraft Fat Free Cheddar Cheese**

**5 Yellow Onions 16 oz. of Fat Free Cottage Cheese**

**3 Garlic Heads BREAD Quart of Fat Free Half & Half**

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

**1 Bag of Carrots Nature’s Own Butterbread**  **Tub of Land O’Lakes Whipped Butter**

**1 Ear of Corn on Cob Mini Bagels I Can’t Believe It’s Not Butter Spray**

**1 Bag of Salad Mix Ole Xtreme Wellness Low Carb Bag Reduced Fat Monterey Shredded Cheese**

**1 Tomato Tortillas 16 oz Fat Free Sour Cream**

**1 Head of Cauliflower Brick of Reduced Fat Cream Cheese**

**½ Lb. String Beans SOUP AISLE**

**1 Head of Iceberg Lettuce**

**Bunch of Fresh Parsley (Optional) (3) Quarts of Fat Free Chicken Broth CEREAL (2) Reduced Fat Campbell’s Cream of**

**Mushroom Soup Banana Nut Cheerios**

**CANNED PASTA AISLE**

**DELI**

**Fruit Cocktail (No Sugar) Box of Orzo**

**1 Can of Black Beans + Can of Kidney Beans Can of Tomato Paste ½ Lb. Boar’s Head Ovengold Turkey Breast**

**2 Cans of Diced Tomatoes**

**CONDIMENTS FROZEN**

**Worcestershire Sauce White Cooking Wine Weight Watchers Giant Fudge Bars**

**Mt. Olive Pickle Spears Lemon Juice Bag of Corn**

**Hot Sauce Sriracha Sauce Bag of Peas**

**Rice Wine Vinegar Vegetable Spray (Canola + Butter) 2 Bags of Broccoli Florets**

**Soy Sauce Ken’s Lite Balsamic Vinaigrette Dressing Green Giant Cauliflower Veggie Tots**

**Apple Cider Vinegar 2 Taco Seasoning Packets Bag of Cauliflower Rice**

**Fat Free Salsa Extra Virgin Olive Oil**

**SNACK AISLE**

**Lance Whole Grain Cheddar Cheese Crackers**

**Smartfood Cheddar Delight Popcorn**

**Nature Valley Oats n Honey Granola Bars**

**Snyder’s of Hanover Pretzel Rods**

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

**Bag of Granulated Splenda**

**Molasses 7 Premier Protein Vanilla Shakes**

**All Purpose Flour Sugar Free Chai Tea**

**White Sesame Seeds** [**Browning Sauce**](https://amzn.to/2LRpFZm)

**Poultry Seasoning Tortilla Pan Set**

**Dried Tarragon 4 Ramekins**

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

**Mustard Powder AMAZON PRODUCTS\*\***

**Pepper**

**Cayenne Pepper**

**Crushed Red Pepper Flakes**

**Ground Coriander**

**Dried Parsley**

**Garlic Powder + Garlic Salt**

**Dried Thyme**

**Chili Powder**

**Dried Cilantro**

**Paprika**

**Ground Ginger**