**WEIGHT WATCHERS FREESTYLE GROCERY LIST**

**WEEK OF 8/19/19**

**FRESH PRODUCE MEATS/FISH DAIRY PRODUCTS**

**3 Bunches of Green Onions 4 Lbs. Ground Turkey Breast Borden Fat Free Cheese Slices**

**Pint of Strawberries 5 Lbs. Chicken Cutlets (Boneless) ½ Gallon Skim Milk**

**3 Medium Jicamas Turkey Bacon (8 Slices) 2 Dozen Eggs**

**2 Cucumbers 8 Slices of Canadian Bacon 2 Bags of Kraft Fat Free Mozzarella Cheese**

**3 Red Onions 2 Lbs of Tilapia Fillets 2 Bags of Kraft Fat Free Cheddar Cheese**

**4 Yellow Onions + 1 White Onion 1 Pack of Purdue Short Cuts (Grilled Chicken) Bag of Reduced Fat Shredded Swiss Cheese**

**3 Garlic Heads 2 Packs of Purdue Short Cuts Turkey Strips ½ Gallon of Fat Free Half & Half**

**5 Green + 2 Orange + 4 Red Bell Peppers 32 oz. of Fat Free Plain Greek Yogurt**

**1 Bag of Carrots BREAD**   **Tub of Land O’Lakes Whipped Butter**

**Fresh Fruit of Your Choice (for Yogurt) I Can’t Believe It’s Not Butter Spray**

**1 Bag of Salad Mix Ole Xtreme Wellness Low Carb Tortillas 1 Cup of Athenos Fat Free Feta Cheese**

**1 Tomato Nature’s Own Butterbread Jello Sugar Free Gelatin Cups – Any Flavor**

**1 Head of Cauliflower**

**4 Zucchini (Large) SOUP AISLE CEREAL**

**1 Bunch of Broccoli**

**Bunch of Fresh Parsley (3) Quarts of Fat Free Chicken Broth Puffed Wheat or Puffed Rice**

**Bunch of Fresh Basil (Optional) Can of Campbell’s Well Yes Chicken Noodle Special K Red Berries Flakes**

**2 Jalapeno Peppers Soup**

**10 oz of White Mushrooms (Sliced)**

**Head of Bibb or Boston or Romaine Lettuce**  **PASTA AISLE** **SNACKS**

**Any Green Salad Veggies you like**

**4 Cans of Tomato Puree (28 oz) Reduced Fat Nilla Wafers**

**CANNED 1 Can of Tomato Paste (5 or 6 oz)**  **Baked Doritos**

**3 Cans of Diced Tomatoes**

**Mandarin Orange Slices (No Sugar) 1 Can of Peeled Tomatoes (8 oz)**

**Pineapple Chunks (No Sugar)**

**2 Cans of Black Beans + Can of Kidney Beans FROZEN**

**Can of Water Chestnuts**

**Can of Sliced Mushrooms Weight Watchers Giant Fudge Bars**

**Can of Whole Chipolte Peppers in Adobo Container of Fat Free Cool Whip**

**6 Bags of Frozen Sweet Corn**

**6 Bags of Cauliflower Rice**

**CONDIMENTS**

**Rice Wine Vinegar Vegetable Spray (Canola + Butter)**

**Soy Sauce Olive Garden Light Dressing (Italian)**

**Asian Sesame Oil 2 Taco Seasoning Packets**

**Fat Free Salsa Extra Virgin Olive Oil**

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

**\*\*PLEASE REFER BACK TO THIS WEEK’S MEAL PLAN FOR LINKS DIRECTLY TO THESE**

**Bag of Granulated Splenda or Swerve AMAZON PRODUCTS\*\***

**Can of Pumpkin (Not Pie Filing) 7 Premier Protein Vanilla Shakes**

**All Purpose Flour + Self Rising Flour Sugar Free Chai Tea**

**White Sesame Seeds Olive Garden Light Italian Dressing**

**Cornstarch + Cornmeal Nature’s Hollow Sugar Free Honey Substitute**

**Vanilla Extract Jelly Roll Pan + Pyrex 6 Ounce Custard Cups**

**Salt**

**Chipolte Chili Powder**

**Pepper**

**Cayenne Pepper**

**Crushed Red Pepper Flakes**

**Ground Coriander**

**Dried Parsley**

**Garlic Powder**

**Onion Powder**

**Dried Thyme**

**Chili Powder**

**Dried Cilantro**

**Paprika**

**Ground Ginger**

**Dried Basil**

**Cumin**

**Curry Powder**

**Ground Allspice**

**Ground Cinnamon**