**WEIGHT WATCHERS FREESTYLE GROCERY LIST**

**WEEK OF 9/2/19**

**FRESH PRODUCE MEATS/FISH DAIRY PRODUCTS**

**5 Bunches of Green Onions 2 Lbs. Ground Turkey Breast Jello Sugar Free/Fat Free Pudding Cups**

**Cantaloupe + Honeydew 4 Lbs. Chicken Cutlets (Boneless) Gallon of Skim Milk + Quart of Fat Free ½ & 1/2**

**4 Zucchini Turkey Bacon 3 Dozen Eggs**

**1 Lemon + 4 Oranges Package of Split Chicken Breasts 4 Bags of Kraft Fat Free Cheddar Cheese**

**1 Granny Smith Apple Pork Tenderloin 4 Containers of Athenos Fat Free Feta (5 oz Size)**

**3 Red Onions 2 Packages of Center Cut Bacon Bar of Light Cream Cheese**

**1 Garlic Head 32 oz. of Fat Free Plain Greek Yogurt**

**3 Red + 1 Yellow + 3 Green Bell Peppers Tub of Land O’Lakes Whipped Butter**

**1 Bag of Radishes BREAD**  **I Can’t Believe It’s Not Butter Spray**

**1 Baking Potato Fat Free Cottage Cheese**

**2 Bags of Salad Mix Nature’s Own Butter Bread Fat Free Sour Cream**

**2 Tomatoes Thomas’ MultiGrain Light English Muffins**

**1 Head of Cauliflower Ole Xtreme Wellness Oat Bran Tortillas CEREAL**

**2 Cucumbers**

**1 lb White Mushrooms SOUP AISLE Sugar Free Pancake Syrup**

**Bunch of Celery Puffed Wheat**

**1 Bunch of Broccoli (4) Quarts of Fat Free Chicken**

**2 Lb Sweet Potatoes**

**4 Peaches SNACKS PASTA**

**1 Package of Portobello Mushrooms**

**6 Jalapeno Peppers Box of 100 Calorie Bags of Emerald Nuts Box of Pastina**

**Fresh Parsley + Basil (Optional) Smartfood Cheddar Delite Popcorn**

**Pint of Strawberries Reduced Fat Ritz Crackers BEVERAGES**

**Arugula OR Romaine Lettuce Ocean Spray Reduced Sugar Dried Cranberries**

 **Tea Bags**

**CANNED**

 **FROZEN**

**1 Cans of Garbanzo Beans/Chickpeas 1 Can of Sweet Corn**

**2 Cans of Black Beans 3 Cans of Tuna Fish in Water Weight Watchers Giant Fudge Bars**

**3 Cans of Pineapple Chunks in Water 1 Can of Fat Free Evaporated Milk 2 Bags of Cauliflower or Broccoli Rice**

 **1 Chopped Spinach (10 oz)**

 **` 2 Sweet Corn (10 oz)**

 **1 Sweet Peas (10 oz)**

 **CONDIMENTS**

**Apple Cider Vinegar Kitchen Bouquet Seasoning**

**Taco Seasoning Packet Kraft Reduced Fat Parmesan Cheese**

**Salsa Olive Garden Light Dressing**

**Lime Juice Lemon Juice**

**Hellmann’s Light Mayo Vegetable Spray (Canola + Butter)**

**Soy Sauce Hoisin Sauce**

**Sesame Oil Sweet Thai Chili Sauce**

**Dijon Mustard Extra Virgin Olive Oil**

**Capers White Cooking Wine**

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

**Montreal Steak Seasoning** [**Lily's Dark Chocolate Chips**](https://amzn.to/2QZqtRw) **WW Caramel Mini Bars**

**White Sesame Seeds 7 Premier Protein Vanilla Shakes**

**All Purpose Flour Sugar Free Chai Tea**

**Vanilla Extract Olive Garden Light Dressing**

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

**Lily’s Chocolate Baking Chips**

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

**Granulated Swerve Sugar Substitute AMAZON PRODUCTS\*\***

**Pepper**

**Cayenne Pepper \*\*GO TO NETRITION.COM FOR THE ELBOW MACARONI USED IN THE**

**Ground Cumin BAKED MACARONI & CHEESE RECIPE FROM (PAULA DEEN). THE LINK IS**

**Dried Parsley POST CONTAINING THE RECIPE.**

**Garlic Powder**

**Dried Oregano**