**WEIGHT WATCHERS FREESTYLE GROCERY LIST**

**WEEK OF 8/26/19**

**FRESH PRODUCE MEATS/FISH DAIRY PRODUCTS**

**5 Bunches of Green Onions 2 Lbs. Ground Turkey Breast Borden Fat Free Cheese Slices**

**4 Bananas 4 Lbs. Chicken Cutlets (Boneless) Gallon of Skim Milk + Qt. of 1% Milk**

**2 Medium Zucchini Turkey Bacon 2 Dozen Eggs**

**3 Lemons + 1 Lime 4 Boneless Pork Loin Chops 2 Bags of Kraft Fat Free Mozzarella Cheese**

**3 Honeycrisp Apples 2.5 Lbs of Large Shrimp 1 Bag of Kraft Fat Free Cheddar Cheese**

**7 Yellow Onions London Broil Hillshire Farms Ultra Thin Pastrami**

**3 Garlic Heads 8 oz Smoked Turkey Sausage 32 oz. of Fat Free Plain Greek Yogurt**

**10 Red + 1 Yellow + 1 Orange Bell Peppers Tub of Land O’Lakes Whipped Butter**

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

**2 Ears of Corn on Cob**

**1 Bag of Salad Mix Nature’s Own Butter Bread CEREAL**

**2 Tomatoes Joseph’s Oat Bran Pitas**

**1 Head of Cauliflower Cheerios**

**Bunch of Celery SOUP AISLE Cream of Wheat**

**1 Head of Iceberg Lettuce Sugar Free Pancake Syrup**

**Bunch of Fresh Sage (3) Quarts of Fat Free Chicken/Vegetable Broth**

**Asparagus Spears 15 oz of Fat Free Beef Broth SNACKS**

**Fresh Spinach Progresso Heart Healthy Southwestern Bean**

**2 Peaches & Vegetable Soup Lowfat Graham Crackers Mini Oyster Crackers**

**Baked Tostito Scoops Veggie Straws**

**Murray’s Sugar Free Shortbread Cookies**

**PASTA/RICE AISLE CANNED**

**Box of Orzo 4 Cans of Chickpeas 1 Can of Mushrooms**

**Brown Long Grain Rice (Box) 2 Cans of Tomato Paste (6 oz) 1 Can of Rotel Fire Roasted Diced Tomatoes**

**Cup of Kraft Mac & Cheese 2 Cans of Tuna Fish in Water**

**FROZEN**

**CONDIMENTS**

**Aunt Jemima French Toast Slices**

**Worcestershire Sauce White Cooking Wine Yasso Frozen Yogurt Bar**

**Salsa Verde Smucker’s Sugar Free Preserves (Any) 2 Bags of Sweet Corn**

**Hot Sauce Sriracha Sauce 1 Bag Each of Snow Peas & Sugar Snap Peas**

**Hellmann’s Light Mayo Vegetable Spray (Canola) 2 Bags of Sweet Peas**

**Soy Sauce Ken’s Lite Balsamic Vinaigrette Dressing 1 Bag Each of Riced Cauliflower & Broccoli**

**Heinz Reduced Sugar Ketchup**

**Spicy Brown Mustard Extra Virgin Olive Oil**

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

**White Ground Pepper Heinz Reduced Sugar Ketchup**

**Himalayan Pink Salt 7 Premier Protein Vanilla Shakes**

**All Purpose Flour Sugar Free Chai Tea**

**White Sesame Seeds Olive Garden Light Dressing**

**Ground Ginger Nature’s Hollow Sugar Free Honey Substitute**

**Dried Basil**

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

**Sweet Paprika (Optional) AMAZON PRODUCTS\*\***

**Pepper**

**Cayenne Pepper**

**Crushed Red Pepper Flakes**

**Ground Cumin (Optional)**

**Dried Parsley**

**Garlic Powder + Garlic Salt**

**Dried Thyme**

**Dried Oregano**