**WEIGHT WATCHERS FREESTYLE GROCERY LIST**

**WEEK OF 9/9/19**

**FRESH PRODUCE MEATS/FISH DAIRY PRODUCTS**

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

**Pint of Raspberries 4 Lbs. Chicken Cutlets (Boneless) Gallon Skim Milk**

**Honeydew Center Cut Bacon (12 Slices) 2 Dozen Eggs**

**1 Cucumber 4 Flounder Fillets 2 Bags of Kraft Fat Free Mozzarella Cheese**

**2 Red Onions 4 Lbs of Large Shrimp 4 Bags of Kraft Fat Free Cheddar Cheese**

**6 Yellow Onions Hebrew National 97% Fat Free Hot Dogs (2) 32 oz. of Fat Free Plain Greek Yogurt**

**2 Garlic Heads Pint of Fat Free Sour Cream**

**3 Green + 3 Red Bell Peppers BREAD (2) Pints of Fat Free Cottage Cheese**

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

**2 Ears of Corn Nature’s Own Whole Wheat Hot Dog Buns**

**Celery Ole Xtreme Wellness Low Carb Tortillas CEREAL**

**5 Tomatoes + 2 Roma or Plum Nature’s Own Butterbread**

**1 Head of Iceberg Lettuce Cream of Wheat**

**2 Jalapenos SOUP AISLE**

**1 Banana PASTA AISLE**

**Bunch of Fresh Cilantro (2) Quarts of Fat Free Chicken Broth**

**Bunch of Fresh Basil (Optional) Lasagna Noodles**

 **CONDIMENTS**

 **CANNED**

 **Lime Juice** **SNACKS**

 **3 Cans of Tomato Puree (28 oz) Picante Sauce**

**1 Can of Tomato Paste (5 or 6 oz) Ortega Salsa**   **Lance Crackers Whole Grains Cheddar Cheese**

**2 Cans of Black Beans Low Fat Mayonnaise Nabisco 100 Calorie Packs Lorne Doone**

**1 Can of Kidney Beans Packet of Taco Seasoning Jolly Time Healthy Popcorn**

**Pineapple Chunks (No Sugar) Vegetable Spray (Canola + Butter)**

**3 Cans of Mushrooms**

 **FROZEN**

**Weight Watchers Giant Fudge Bars**

**2 Bags of Frozen Sweet Corn**

**5 Bags of Cauliflower Rice**

 **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\*\***

**Unsweetened Applesauce 7 Premier Protein Vanilla Shakes**

**Cornstarch Sugar Free Chai Tea**

**Salt + Pepper Single Rectangular Lasagna Pan**

**Chili Powder** [**Spiral Slicer Complete Bundle (For Zucchini Noodles)**](https://amzn.to/2L1zmCC)

**Cayenne Pepper** [**Yogurt Cheese Maker**](https://amzn.to/2QluThK)

**Crushed Red Pepper Flakes**

**Creole Seasoning**

**Dried Parsley**

**Garlic Powder**

**Dried Thyme**

**Garlic Salt**

**Dried Cilantro**

**Paprika**

**Cumin**

**Dried Basil**