**WEIGHT WATCHERS FREESTYLE GROCERY LIST**

**WEEK OF 9/16/19**

**FRESH PRODUCE MEATS/FISH DAIRY PRODUCTS**

**1 Bunch of Green Onions 2 Lbs. Ground Turkey Breast Quart of Dannon Light & Fit Vanilla NF Yogurt**

**Honeydew 9 Lbs. Chicken Cutlets (Boneless) Gallon of Skim Milk & Pint of Fat Free ½ & 1/2**

**1 Apple (Any Type) Turkey Breast 1 Dozen Eggs**

**2 Limes 1 Lb Large Shrimp 2 Bags of Kraft Fat Free Cheddar Cheese**

**1 Pint Strawberries 3 Lbs of Sea Scallops 2 Containers of Athenos Fat Free Feta (5 oz Size)**

**8 Red Onions ¼ Pound of Ovengold Turkey Breast (Deli) 1 Bag of Kraft Fat Free Mozzarella Cheese**

**2 Garlic Heads 32 oz. of Fat Free Plain Greek Yogurt**

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

**1 Banana BREAD**  **I Can’t Believe It’s Not Butter Spray**

**Seedless Grapes Fat Free Cottage Cheese**

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

**2 Tomatoes Joseph’s Lavash Bread Oat Bran & Whole Wheat**

**1 Head of Cauliflower CEREAL**

**1 Cucumber SOUP AISLE**

**2 lb White Mushrooms Sugar Free Pancake Syrup**

**Bunch of Celery Quart of Fat Free Chicken Broth Belvita Cinnamon Breakfast Bisquits**

**1 Bunch of Spinach Can of Fat Free Vegetable Broth Brown Sugar Oatmeal Packets**

**Seedless Watermelon**

**Head of Lettuce SNACKS PASTA**

**8 Large Mushrooms**

**3 Jalapeno Peppers Jello Sugar Free & Fat Free Cheesecake Pudding Box of Orzo**

**Fresh Cilantro Mix (Box)**

**6 Plum Tomatoes Jello Sugar Free & Fat Free White Chocolate BEVERAGES**

**8 Yellow Onions Pudding Mix (Box)**

**Boom Chicka Pop Light White Grape Juice (Small can)**

**CANNED Sourdough Hard Pretzels 2 Cans of Diet Dr. Pepper**

**1 Can Each of Peas, String Beans & Mexican Corn**

**2 Jars of Each Fat Free Beef Gravy + Turkey Gravy FROZEN**

**2 Cans of Chickpeas 1 Can of Tuna in Water**

**2 Cans of Black Beans Canned Chipoltes in Adobo Sauce Weight Watchers Giant Fudge Bars**

**4 Cans of Pineapple Tidbits in Water 4 Bags of Cauliflower or Broccoli Rice**

**1 Can of Apricots in Water (Halves)**

**2 Cans of Mandarin Orange Segments in Water**

**Small Can of Mushrooms (Sliced)**

**Jar of Maraschino Cherries**

**CONDIMENTS**

**Apple Cider Vinegar Spicy Brown Mustard**

**Jar of Pimento Ken’s Light Balsamic Dressing**

**Lime Juice Lemon Juice**

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

**Liquid Smoke Worcestershire Sauce**

**White Wine Vinegar Heinz No Sugar Ketchup**

**Dijon Mustard Balsamic Vinegar**

**Hot Sauce**

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

**Garlic Powder Joseph's Oat Bran and Whole Wheat Lavash Bread**

**Dried Parsley 7 Premier Protein Vanilla Shakes**

**Cayenne Pepper Sugar Free Chai Tea**

**Unsweetened Coconut (Optional) Kind Fruit & Nut Bar – Blueberry Vanilla Cashew**

**Glazed Walnuts Heinz No Sugar Ketchup**

**Truvia Brown Sugar Blend Liquid Smoke Flavoring**

**Coconut Extract** [**Canned Chipotle Chilies in Adobo Sauce**](https://amzn.to/2IEzrKU)

**Fat Free Evaporated Milk Truvia Nature Sweetener with Brown Sugar Blend**

**Honey** [**Smucker's Sugar Free Apricot Preserves**](https://amzn.to/2JVU1Iu)

**Splenda**

**Smucker’s Sugar Free Apricot Preserves**

**Salt + Pepper \*\*REFER BACK TO THE WEEKLY MEAL PLAN FOR LINKS DIRECTLY TO THESE AMAZON PRODUCTS\*\***