**WEIGHT WATCHERS FREESTYLE GROCERY LIST**

**WEEK OF 9/23/19**

**FRESH PRODUCE MEATS/FISH DAIRY PRODUCTS**

**2 Bunches of Green Onions 9 Lbs. Ground Turkey Breast Horseradish**

**Honeydew 5 Lbs. Chicken Cutlets (Boneless) Gallon of Skim Milk & Quart of Fat Free ½ & 1/2**

**4 Red Apples (Any Type) 1 Lb. Chicken Tenderloins 2 Dozen Eggs**

**1 Lime 1 .5 Lb Large Shrimp 3 Bags of Kraft Fat Free Cheddar Cheese**

**1 Pint Strawberries 2 Packs of Center Cut Bacon 1 Container of Athenos Fat Free Feta (5 oz Size)**

**7 Yellow Onions Canadian Bacon 1 Bag of Kraft Fat Free Mozzarella Cheese**

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

**2 Red +2 Green Bell Peppers Tub of Land O’Lakes Whipped Butter**

**3 Bananas BREAD**  **Fat Free Sour Cream**

**2 Kiwi**

**Head of Iceberg Ole Extreme Wellness Spinach Wraps**

**4 Roma Tomatoes Reduced Fat Corn Tortillas**

**1 Large Eggplant CEREAL**

**2 Cucumbers SOUP AISLE**

**1 lb White Mushrooms Puffed Wheat**

**Bunch of Celery 4 Quarts of Fat Free Chicken Broth Kelloggs Corn Flakes**

**Grape Tomatoes Can of Fat Free Vegetable Broth Wheat Germ + Old Fashion Oats**

**Seedless Watermelon Dry Onion Soup Mix Stone Ground Grits**

**Bibb, Boston or Romaine Lettuce Progresso Heart Healthy SW Bean & Vegetable Soup**

**Bag of Carrots**

**Bag of Baby Red Potatoes SNACKS ETHNIC AISLE**

**Fresh Cilantro**

**2 Jalapeno Peppers Pepperidge Farm Pretzel Goldfish 14 oz Light Coconut Milk**

**2 Shallots Pop Secret Popcorn 100 Calorie Snack Bag Fish Sauce**

**2 Lb String Beans Reduced Sugar Ocean Spray Craisins**

**4 Lemons**

**Fresh Basil, Parsley, Red Chilies-Optional PASTA/RICE/POTATO AISLE**

**Egg Roll Wrappers**

 **2 Pouches of Idahoan Butter & Herb Potatoes**

**CANNED**

**1 Can Corn**

**2 Cans of Tuna in Water**

 **FROZEN**

**2 Cans of Chickpeas 1 Can of Diced Tomatoes**

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

**1 Can of Water Chestnuts 1 Can of Red Fat Free Enchilada Sauce Bag of Frozen Sweet Corn**

**2 Large Cans of Mushrooms Bag of Frozen Peas**

**Can of Tomato Paste 12 ounce Bag of Cut Green Beans**

 **CONDIMENTS** **BAKING AISLE**

**Dijon Mustard Salsa Verde + Fat Free Salsa Self Rising Flour**

**Whole Wheat Panko Crumbs All Purpose Flour**

**Lime Juice Rice Wine Vinegar Baking Powder**

**Hellmann’s Light Mayo Vegetable Spray (Canola + Butter) Splenda or Swerve Sweetener**

**Worcestershire Sauce Soy Sauce Swerve/Truvia Brown Sugar Blend**

**Kraft Reduced Fat Parmesan Cheese 1 Can of Pumpkin (15 oz)**

**Taco Seasoning Mix**

 **SPICE AISLE**

**Garlic Powder Sage**

**Dried Parsley Cumin**

**Cayenne Pepper Pink Himalayan Salt**

**Sweet Paprika Slap Yo Mama Seasoning**

**Oregano Vanilla Extract**

**Basil**

**Cilantro**

**Onion Salt**

**Garlic Salt**

**Cinnamon**

**Seasoned Salt**

**Salt + Pepper**

**Ground Ginger**

**Pumpkin Pie Spice**

**Onion Powder**

**Red Pepper Flakes**

**Sesame Seeds**

**Thyme**

**Rosemary**

**\*These items are available on Amazon.com and are linked at the bottom of this week’s blog post. Please refer back to this week’s meal plan, and scroll to the bottom of the post for links directly to these Amazon products if you cannot find them in stores.**

[**Oregon Sugar Free Chai Tea**](https://amzn.to/2jJYsdV)

[**Premier Protein Vanilla Shakes**](https://amzn.to/2JXkZ2t)

[**Whole Wheat Panko Crumbs**](https://amzn.to/2GSDzZ9)

[**Reduced Fat Parmesan Cheese**](https://amzn.to/2ZLGag0)

[**Everything But the Bagel Seasoning**](https://amzn.to/2LcyBvA)

[**Slap Yo Mama Cajun Seasoning**](https://amzn.to/2Hl3sm0)

[**Nature’s Hollow Sugar Free Honey Substitute**](https://amzn.to/2MplfJk)

[**Reduced Sugar Ocean Spray Craisins**](https://amzn.to/2S4zSa9)