**WEIGHT WATCHERS FREESTYLE GROCERY LIST**

**WEEK OF 9/30/19**

**FRESH PRODUCE MEATS/FISH DAIRY PRODUCTS**

**3 Bunches of Green Onions 2 Lbs. Ground Turkey Breast Fat Free Buttermilk (1 Quart)**

**Watermelon 6 Lbs. Chicken Cutlets (Boneless) Gallon of Skim Milk**

**1 MacIntosh Apple London Broil 2 Dozen Eggs**

**Berries of Your Choice 6 Boneless Pork Chops 2 Land O Lakes Whipped Butter Tubs**

**1 Quart Strawberries 1.5 Lbs. Flank Steak 2 Containers of Athenos Fat Free Feta**

**7 Yellow Onions 3 Lbs. Boneless Pork Sirloin Tip Roast 32 oz. of Fat Free Plain Greek Yogurt**

**3 Garlic Heads**

**1 Red Bell Pepper**

**2 Bananas BREAD**  **CEREAL**

**Seedless Grapes**

**Head of Cauliflower (Large) Nature’s Own Butter Bread Kellogg’s Low Fat Granola**

**Bunch of Asparagus Mini Bagels + Joseph’s Heart Friendly Pita Bread Sugar Free Maple Syrup**

**1 lb Green Beans MultiGrain Cheerios**

**3 Zucchini SOUP AISLE**

**2 lb White Mushrooms**

**2 Ears of Corn 4 Quarts of Fat Free Chicken Broth**

**4 Red Onion Campbell’s 98% Fat Free Cream of Mushroom Soup**

 **Mini Oyster Crackers**

 **FROZEN**

**SNACKS**

 **2 Bags of Frozen Sweet Corn**

**Jolly Time Popcorn Light Sugar Free Jell-0 Cups 2 Bags of Cauliflower Rice**

**Pop Corner’s Chips**

**CANNED/DRY GOODS**

 **BAKING AISLE**

**Bag of Green or Yellow Lentils Large Can of Sliced Mushrooms**

**2 Cans of Diced Tomatoes 8 oz. Can of Tomato Sauce All Purpose Flour**

**Can of Tomato Paste 2 Cans of Green Enchilada Sauce Splenda Granulated Sugar Substitute**

**Can of Black Beans Cornstarch**

 **Truvia Brown Sugar Substitute**

 **Swerve Confectioner’s Sugar Substitute**

 **Pam Olive Oil Spray + Butter Spray**

**CONDIMENTS**

**Dijon Mustard Salsa Verde**

**Lemon Juice Rice Wine Vinegar**

**Tabasco Sauce Soy Sauce**

**Olive Oil Balsamic Vinegar**

**Taco Seasoning Mix G Hughes Sugar Free Ketchup**

 **SPICE AISLE**

**Garlic Powder Cinnamon**

**Dried Parsley Sweet Curry Powder**

**Cayenne Pepper Turmeric**

**Paprika Ground Nutmeg**

**Ground Ginger Vanilla Extract**

**Basil Dill Weed**

**Onion Powder Chili Powder**

**Thyme**

**\*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)**

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

[**Weight Watchers Smores Mini Bars**](https://amzn.to/2C7mVCC)

 [**Smartbun**](https://amzn.to/2CSd2cn)

[**G. Hughes Sugar Free Ketchup**](https://amzn.to/2G6XQLA)