**WEIGHT WATCHERS FREESTYLE GROCERY LIST**

**WEEK OF 10/7/19**

**FRESH PRODUCE MEATS/FISH DAIRY PRODUCTS**

**3 Bunches of Green Onions 7 Lbs. Ground Turkey Breast Fat Free Half & Half (1 Quart)**

**Seedless Watermelon 5 Lbs. Chicken Cutlets (Boneless) Gallon of Skim Milk**

**Honeydew Turkey Bacon 2 Dozen Eggs**

**5 Yellow Onion + 1 Red Onion Center Cut Bacon 1 Land O Lakes Whipped Butter Tub**

**3 LB White Mushrooms 1.5 Lbs. Large Shrimp Borden Fat Free Cheese Slices**

**2 Green Peppers (Bell) Hillshire Farms Ultra Thin Pastrami Fat Free Cottage Cheese (Pint)**

**3 Garlic Heads 2 Kraft Fat Free Mozzarella Cheese Shredded**

**1 Red, Yellow & Orange Bell Pepper 1 Kraft Fat Free Cheddar Cheese Shredded**

**2 Bananas BREAD**

**Seedless Grapes CEREAL**

**3 Tomatoes Nature’s Own Butter Bread**

**Iceberg Lettuce Joseph’s Heart Friendly Pita Bread Sugar Free Maple Syrup**

**Vegetables for Grilling (Any) MultiGrain Cheerios**

 **SOUP AISLE**

 **FROZEN**

**SNACKS 3 Quarts of Fat Free Chicken Broth**

 **Yasso Fudge Yogurt Bars**

**Betty Crocker Fruit Rollups Weight Watchers Giant Fudge Bars**

**Graham Crackers OPTIONAL Eggo NutriGrain Waffles**

**Smucker’s Sugar Free Fruit Spread Riced Broccoli**

**Pure Protein Birthday Cake Bar Sweet Riesling Wine or White Grape Juice Frozen Brussel Sprouts**

**Veggie Straws Snow Peas Sugar Snap Peas**

 **CANNED/DRY GOODS/PASTA Green Peas**

**Kraft Macaroni & Cheese Cup**

**Manicotti Shells (12)**

**3 Tomato Puree (28 oz) Cans**

**3 Cans of Tomato Paste (Small Cans**

**1 Can of Tomato Sauce (7-8 Ounce Can)**

**BAKING**

**All Purpose Flour Swerve/Splenda Granulated Sugar Substitute**

**Molasses Cornstarch**

**Cooking Spray**

**CONDIMENTS**

**White Cooking Wine Sesame Oil**

**Rice Wine Vinegar Tabasco Sauce**

**Soy Sauce Olive Oil**

**Reduced Fat Parmesan Light Mayonnaise**

 **Cheese**

 **SPICE AISLE**

**Garlic Powder Dried Parsley**

**Ground Ginger Basil**

**Oregano Thyme**

**Sesame Seeds Hot Pepper Flakes**

**Cumin Dried Cilantro**

**\*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)

[**Pure Protein Birthday Cake Bar**](https://amzn.to/2SufD2w)

[**Al Dente Carba Nada Roasted Garlic Egg Fettucine**](https://amzn.to/2H8Ld31)

[**Montreal Steak Seasoning**](https://amzn.to/2Lg03rc)

[**Kitchen Bouquet Sauce**](https://amzn.to/2ms3e0W)

[**Chipotle Peppers in Adobo Sauce**](https://amzn.to/2qp5Tuo)