

Weight Watchers Grocery Shopping List

Produce

Fresh fruit
Bottled minced garlic
Fresh lemons and limes to squeeze for juice
Fresh vegetables (broccoli, celery, carrots, peppers, potatoes, green beans, squash, etc.)
Fresh herbs (I like to grow my own in little pots on the windowsill - much cheaper)
Packaged lettuce, coleslaw mix, spinach, etc.
Pre-cut fresh vegetables for soups, stir-fries, snacks, dips, etc.
Meat/Poultry/Fish (fresh and/or frozen without added sauce)

Skinless chicken or turkey breast
Ground turkey or chicken breast or 93% lean ground beef
Lean center cut loin pork chops or pork tenderloin
Canadian bacon
Lean flank, strip, or sirloin steak, lean beef roasts; loin; or round cuts
Tuna, wild salmon, flounder, scrod, cod, tilapia, haddock, halibut, etc.
Shrimp, lobster, or scallops

Bread (instead of the suggested options, I prefer to eat really good whole grain bread, just less of it)

Reduced-calorie bread or hamburger buns
Thin sandwich bread or light English muffins
Whole-wheat or corn tortillas
Cereal

Hot: Plain oatmeal, cream of wheat, multigrain or 100% bran
Cold: Unsweetened shredded wheat, 100% whole-grain, or 100% bran

Dairy

Fat-free or low fat milk
Regular soy milk (plain)
Eggs or egg substitute
Fat-free or low-fat cheese (shredded, slices, string, cottage, ricotta, etc)
Fat-free or low-fat cream cheese
Fat-free plain Greek yogurt
Silken or firm regular or light tofu
Deli

Roasted whole chicken
Lean reduced sodium deli meats

Grains/Pasta

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Whole-grain pasta (quinoa, brown rice, whole wheat, etc) or regular pasta
Brown rice or white rice
Bulgur, quinoa, barley, farro, etc
Dry lentils (I like the precooked lentils at Trader Joes too)

Canned Foods/Staples

Tomato sauce or jarred marinara sauce
Diced tomatoes with no added sugar
Fat-free salsa
Beans (black, pinto, white, etc) or chickpeas
Canned vegetables (without added salt)
Chopped chilies
Canned artichoke hearts
Fat-free low sodium broth
Reduced-sodium light broth or tomato-based soups
Canned unsweetened fruit (in water or juice)
Pureed pumpkin for baking
Tuna or salmon in water
Peanut butter (no added sugar)
Sugar-free jelly or jam (I buy "all fruit" spreads)

Snacks

Light microwave or air-popped popcorn
Baked tortilla chips
100-calorie nut packs

Frozen

Frozen vegetables (without added sauce or salt)
Frozen unsweetened fruit
Veggie burgers (with 2 g fat or less)
Vegetarian ground "meat"
Unsweetened fruit bars or ice pops

Seasonings & Condiments

Cooking spray, oil, vinegar
Salt and pepper
Dried herbs and spices, seasoning mixes, and dry rubs
Fat-free or low-fat salad dressing
Fat-Free mayonnaise (I use low fat)
Hot sauce
Mustard
Ketchup
Fat free salsa

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Reduced sodium soy sauce
Reduced sodium steak sauce
Reduced-sodium teriyaki sauce