

My WW Guide to Groceries. Items that I purchase at my local stores.

This isn't a pointed list, scan similar items that are available at your grocery store.

Keep Zero Point Foods stocked, so you'll always have something to eat that won't blow your points

MEAT

99% Fat Free Ground Turkey or Chicken I think 98% is also 0 points

Chicken Breasts

Hillshire Farms Naturals Deli Turkey

Canadian Bacon

Pork Loin

Salmon or any fresh/frozen fish

Chicken Breakfast Sausage - I love Applegate & Amylu but Jones Dairy Farms is great too

Frozen or Fresh Shrimp

Canned/Frozen/Fresh Crab

Turkey Pepperoni I use Hormel

Proscuitto

Have steak once in a while too

Hillshire Farms Thin Sliced Pastrami and Turkey

DAIRY

FAGE 0% Greek Yogurt

Chobani Zero Sugar Yogurt

Oiko's Triple Zero Yogurt

Protein Shakes

Unsweetened Almond Milk

Challenge Lite Whipped Cream

The Laughing Cow Lite Cheese Wedge

Sargentos Thin Slice Cheese

Fat Free Shredded Cheddar

Lite Shredded Cheddar/Mozzarella

1% or 1.5% Cottage Cheese

Eggs

DRY GOODS/MIXES

Kodiak Pancake Mix

Gold Medal Flour- AP or SR

Quaker Whole Grain Oats

Quaker Lower Sugar Quick Oatmeal

Gold Medal Whole Wheat Flour

Unprocessed bran

Almond Flour

Coconut Flour

Lipton Onion Soup Mix

Shake n Bake

Idahoan Potato Au Gratin
Zero Sugar or Sugar Free Cake Mix
Jello Fat Free Sugar Free Pudding Mixes
Peanut Butter Powder Pbfite or PB2
Croutons - Scan and weigh serving
Stove Top Stuffing - use a light margarine spread, serve with zero point protein

CANNED/CONTAINER FOODS

Black beans
Kidney Beans
Rotel Fire Roasted Tomatoes & Chilis
Corn
Manwich
Unsweetened Applesauce
Fruit Cups
Canned Tuna in water not oil
Canned White Meat Chicken
No sugar added apple or cherry pie filling
Organic Almond or Peanut Butter scan for lowest points
98% Fat Free Condensed Soup

BREADS

Thomas Lite English Muffins
Aunt Millies English Muffins
Nature's Harvest 45 calorie per slice
647 Bread
Carb Zero Tortillas
La Tortilla Factory 70 calorie tortillas
La Banderita Carb Counter Flour Tortillas
Mission Carb Balance Tortillas
Xtreme Wellness Tortillas
Mission Yellow Corn Tortillas
La Tortilla Factory Handmade Yellow Corn Tortillas
Dave's Red bread
Oroweat Dark or Dill Rye Bread

CONDIMENTS/SPICES

Skinny Girl Poppyseed Dressing
ChocZero Honey
Mustard
Kinders Seasonings
Sugar Free Ketchup
Sugar Free or Lite Syrup
Hummus
Jordans Skinny Coffee Syrups
Kinders Sugar Free BBQ Sauces - Great for chicken sandwiches or use as a pizza sauce
I can't believe it's not butter spray
Imperial 27% Vegetable oil spread

SUGAR REPLACEMENTS

Splenda
Lakanto Monkfruit brown/white
Truvia brown/white

CEREALS/BARS/CRACKERS/SWEETS

70 calorie Fiber One Bars
Cheerios (yellow box)
Calbee Harvest Snaps
Lay's Baked Chips
Pretzels
Popcorners
Thin Ritz Crackers
Lily's Sugar Free Mini Dark Chocolate Chips
Oroville Popcorn Kernels
Nature's Valley Honey & Oat Granola
Think Salted Caramel Thin Bars

FRESH FRUITS/VEGETABLES

Any that you like and nothing that you don't. Try to incorporate veggies in every meal
Baby Carrots are great for a crunchy snack
Cucumbers to add to salads/sandwich or eat plain
Bell peppers - sliced - great to use for low point dips or spread lite cheese wedge on
Lettuce
Red and Yellow Onions
Shredded Carrots (Matchstick) add to salads
Apples, oranges, bananas, I keep stocked. But really any you like

FROZEN

Tyson Frozen Chicken Strips
Riced Cauliflower
Frozen Vegetables - scan the ones with added flavors/sauces etc. may be workable points
Alexa Potato Puffs
Alexa Sweet Potato Fries
Applegate Turkey Burgers
Boca Burgers
Ore Ida Shredded Hashbrowns
Ice Cream that shows less than 200 calories for 2/3 cup - scan to see points.
. Yes you can eat the higher calorie ice cream but I choose not to
Fruit - scan before buying to ensure they are zero points. I have found some that are not

There isn't any pasta on this list. I don't make a lot of pasta dishes but when I do I use Edamame or Lentil Pasta. If pasta is something that you can't use a substitute for then don't. Use your zero point protein and a favorite low point sauce and enjoy!!!