



Weight Watcher Friendly Grocery List for June 21-26

#	Grocery Item	X	#	Other Groceries	X
Produce					
2,5	2 Red bell peppers				
2,5,6	Large onion				
2,4	Garlic cloves				
4	2 shallots				
4	tomato				
4	Boston or butter lettuce leaves				
5	1 green bell pepper				
6	4 carrots				
6	6 oz. white mushrooms, sliced				
6	Fresh parsley				
Canned/Bottled/Packaged					
1	1 (10 oz.) can reduced-fat, reduced-sodium cream of chicken soup		1,6	Dried thyme	
1	1 (14.5 oz.) can fat-free, reduced-sodium chicken broth		1,4,6	Black Pepper	
2	1 (28 oz.) can crushed tomatoes		5	Canola Oil	
2	1 (15.5 oz.) can black beans		2	Chili Powder	
4	4 whole wheat hamburger buns, or slimwiches		2,5	Cumin	
5	4 (6-inch) fat-free flour tortillas		2	cayenne	
5	salsa		3	Lemon juice	
6	1 (10.75 ounce) can reduced-sodium reduced-fat condensed cream of mushroom soup		3	Soy sauce	
6	Yolk-free egg noodles		2, 3	Extra Virgin Olive Oil	
6	Worcestershire sauce		4	Ketchup	
5	Red Pepper Flakes		4	salt	
5	Reduced-sodium soy sauce		5	Lime juice	
Meats					
1	1 (9 oz.) package frozen cooked diced chicken breast		5	3/4 lb. skinless chicken breasts	
2	1 lb. ground skinless breast		6	4 (1/4 lb) boneless pork loin chops	
3	1 lb. Tilapia				
4	¾ lb. ground skinless turkey breast				
4	4 slices turkey bacon				
Frozen					
1	1 (10 oz.) package frozen chopped spinach, thawed				
Dairy/Refrigerated					
1	1 (9-oz.) package refrigerated cheese tortellini				
1	Fat-free milk				
4	1/3 cup shredded Monterey Jack cheese				
5	¼ cup Fat-free sour cream				