



## Weight Watcher Friendly Grocery List for June 8-13

#	Grocery Item	X	#	Other Groceries	X
<b>Produce</b>					
1,3	4 carrots				
1,5	2 onion				
1	Fresh parsley				
1,3,4	5 garlic cloves				
2,5	2 Red bell peppers				
2	1 mango				
5	Fresh cilantro				
2	1 Red onion				
2	1 package (6 oz) fresh baby spinach leaves				
3	Bok choy				
3	½ cup green onion				
3	8 oz. sliced mushrooms				
3	1 inch piece of fresh gingerroot				
<b>Canned/Bottled/Packaged</b>					
6	Ken's Steak House honey teriyaki marinade and sauce		1	Lemon juice	
1	1 (10 ¾ oz) can 98% fat-free reduced-sodium cream of chicken soup		6	Garlic powder	
1	3 (14 ½ oz) cans 100% fat-free chicken broth		6	Olive Oil Spray	
1	2/3 cup long-grain white rice		5	ketchup	
2	3 Tbsp apricot preserves		5	cumin	
6	1 can sliced pineapple		5	Chili powder	
2	¼ cup sliced almonds		4	Dried oregano	
3	1 can (14 oz) 100% fat-free vegetable broth		2	2 Tbsp cider vinegar	
3	Reduced-sodium soy sauce		1,2,4,5,6	Black pepper	
3	1 package (3 oz) oriental-flavored ramen noodles		2,4,5	Olive Oil	
4	2 (14.5 oz) can diced tomatoes		2	Sugar	
5	1 cup dry bread crumbs		2,4,5,6	Salt	
<b>Meats</b>					
2	8 oz. 98% fat-free deli roast turkey breast				
3	2 cups chicken				
4	1.5 pounds medium shrimp, peeled and deveined				
5	2 pounds 90% lean ground beef				
6	4 (4 oz) trimmed boneless pork loin chops				
<b>Frozen</b>					
<b>Dairy/Refrigerated</b>					
4	4 oz. crumbled goat cheese				
2,5	3 egg				
5	1 cup plain yogurt (not nonfat)				