



Weight Watcher Friendly Grocery List for July 5-10

| # | Grocery Item | X | # | Other Groceries | X |
|--------------------------------|---|---|-------|--|---|
| Produce | | | | | |
| 1,2,6 | 3 onions | | 5 | Diced Granny Smith apple | |
| 1 | Bok choy | | 6 | 2 small zucchini | |
| 1,2,6 | 7 carrots | | 6 | 2 cups green cabbage | |
| 1,6 | 2 sweet red peppers | | 6 | 2 cups swiss chard | |
| 1 | 8 oz. slice mushrooms | | 6 | 2 cups cauliflower | |
| 1,6 | 4 cups broccoli | | 6 | Fresh thyme | |
| 1 | 2 cups asparagus | | 6 | Fresh parsley or chives | |
| 2,5,6 | 5 stalks celery | | | | |
| 2 | 1 ½ cups fresh spinach | | | | |
| 2,6 | 3 cloves garlic | | | | |
| 3,5 | Green onion | | | | |
| 3 | 2 jalapeno peppers | | | | |
| 4 | 16 wonton wrappers | | | | |
| Canned/Bottled/Packaged | | | | | |
| 1 | Peanut oil | | 2 | Olive oil | |
| 1 | Low sodium soy sauce | | 3 | Baked low fat tortilla chips | |
| 1 | cornstarch | | 3 | Cooking spray | |
| 1,2 | ¼ cup reduced-sodium chicken broth | | 3,5,6 | Salt | |
| 1 | 8 Tbsp. peanuts, dry roasted | | 3 | ¾ cup canned diced tomatoes with adobe or chipotle | |
| 1 | Brown rice | | 3 | 2/3 cup canned refried black beans | |
| 2 | 14 oz. can diced tomatoes | | 4 | ¾ cup pasta sauce | |
| 2 | Reduced fat Parmesan cheese | | 4 | Seasoned croutons | |
| 2 | Basil | | 4 | Parmesan cheese | |
| 2,3 | Oregano | | 5 | ¼ cup dried cranberries | |
| 2 | Rosemary | | 5 | Light mayonnaise | |
| 2,5,6 | Black Pepper | | 5,6 | Lemon juice | |
| 5 | Ground cinnamon | | 6 | 6 cups vegetable broth | |
| Meats | | | | | |
| 3 | 6 oz. 93% lean ground beef | | | | |
| 4,5 | 4 cups boneless, skinless chicken breast | | | | |
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| Frozen | | | | | |
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| Dairy/Refrigerated | | | | | |
| 2 | 8-10 oz. tortellini pasta (could also use frozen or dried tortellini) | | | | |
| 3 | ½ cup low fat shredded cheddar cheese | | | | |
| 4 | 1 cup (4 oz) shredded 2% Mozzarella cheese | | | | |
| 5 | 1 Tbsp. Light sour cream | | | | |
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