



## Weight Watcher Friendly Grocery List for July 5-10

#	Grocery Item	X	#	Other Groceries	X
<b>Produce</b>					
3	1 large onion				
3	2 cups broccoli florets				
3	1 red bell pepper				
3	1 small zucchini				
3	1 cup sugar-snap peas				
4	1 zucchini				
4	1 crookneck squash				
2,4	Garlic Clove				
6	2 green onions				
6	1 small bunch arugula				
<b>Canned/Bottled/Packaged</b>					
1	Molasses		3	Thyme leaves	
1,2	Brown Sugar		2,3,5,6	Salt	
1	Dijon Mustard		3	Ground Pepper	
1,2	Apple Cider Vinegar		3	White-wine vinegar	
2	Ketchup		3	Olive Oil	
2	Coffee		4	Oregano leaves	
4	1 (8-inch) prebaked pizza crust or foccacia shell		5	Chili powder	
4	1 (7 oz.) jar roasted red peppers		5	cumin	
2	Red Pepper Flakes		5	Garlic powder	
5	Wheat germ		5	Cayenne pepper	
4	Reduced-fat mayonnaise		6	All purpose flour	
6	nutmeg		6	Ground nutmeg	
<b>Meats</b>					
1	1 pound ham steak				
2	6 Bone-in chicken breast halves				
3	10 oz. lean boneless pork loin				
5	1 pound skinless chicken tenders				
6	8 (1 oz.) slices lean black forest ham				
<b>Frozen</b>					
<b>Dairy/Refrigerated</b>					
4	4 slices provolone cheese				
5,6	4 eggs				
6	Fat-free milk				
6	½ cup reduced-fat tub-style cream cheese				