



Weight Watcher Friendly Grocery List for August 16-21

#	Grocery Item	X	#	Other Groceries	X
Produce					
1	8 basil leaves (can also use dried basil)				
2	1 red onion				
2,3,4	7 garlic clove				
2	1 lime				
2	Fresh ginger (can also use dried ground ginger)				
2	1 (10 oz.) bag spinach				
2	1 cucumber				
4,6	2 small onions				
4	1 jalapeno pepper				
Canned/Bottled/Packaged					
1	2/3 cup whole wheat panko (Japanese bread crumbs)		1,4	Salt, pepper	
1	1 cup fat-free marinara sauce		2,4,6	Canola oil	
1	Grated Parmesan cheese		3	Olive oil	
2	Reduced-sodium soy sauce		3	Dried oregano	
4	5 cups lower-sodium chicken broth		3	Red Pepper flakes	
4	Mild salsa (can also get refig. Fresh salsa)		4	Ground cumin	
4,6	Reduced-fat restaurant-style tortilla chips		6	Mexican seasoning mix	
5	Dijon mustard		6	12 pitted small black olives, sliced (optional)	
5	honey		6	¼ cup sliced pickled jalapeno peppers (optional)	
5	Cider vinegar or white wine vinegar				
6	1 can red kidney beans				
6	1 can diced tomatoes with green chilies				
Meats					
1	4 (5 oz.) skinless boneless chicken breasts		6	¼ pound lean ground turkey breast	
2	1 lb. lean ground pork				
3	24 large shrimp (about 1 pound)				
4	1 ½ pounds boneless, skinless chicken breasts				
5	4 (5 oz.) bone-in loin pork chops, about 1 inch thick				
Frozen					
Dairy/Refrigerated					
1	¾ cup low-fat buttermilk				
1	1 egg				
6	¾ cup shredded cheddar cheese				
6	½ cup fat-free sour cream				