



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

#	Grocery Item	X	#	Other Groceries	X
<b>Produce</b>					
1	1 firm apple		4	2 Tbsp. parsley or chives	
2, 4	7 garlic cloves		4	1 lemon (or you can use 2 Tbsp. lemon juice)	
2	2 cups spinach		6	½ lb. red new potatoes	
3, 4, 5, 6	3 onions		6	1 cup baby carrots	
4	2 carrots				
4	1 medium sweet red pepper				
4,6	3 celery stalks				
4	2 small zucchini				
4	2 cups green cabbage				
4	2 cups Swiss chard				
4	2 cups cauliflower, small florets				
4	2 cups broccoli, small florets				
4	2 tsp. fresh thyme				
<b>Canned/Bottled/Packaged</b>					
1	1 cup apple cider or juice		1,3	Dried thyme leaves	
1	1/3 cup maple syrup		2	Dried sage or rosemary leaves	
2	1 (16 oz) can small white or navy beans		2,3	Grated Parmesan cheese	
2	4 sun-dried tomatoes		3	Olive oil	
4	6 cups vegetable broth		3	4 slices whole wheat bread	
5	2 cans cream of mushroom soup		3	ketchup	
5	1 (16 oz.) pkg. dried egg noodles		3	Dried basil	
6	flour		3, 4, 5	Ground pepper	
6	2-1/2 cups reduced sodium beef broth		4, 5	Salt	
6	1 Tbsp. Worcestershire sauce		5	Cornstarch	
			5	1 tsp. garlic powder	
			6	Canola oil	
<b>Meats</b>					
1	4 (4 oz.) thin-sliced skinless chicken breast (1/4 inch thick)				
3	1-1/4 pounds ground skinless turkey				
5	1 lb. lean ground beef				
6	1 lb. lean beef top round				
<b>Frozen</b>					
2	3 cups frozen (or fresh) cheese tortellini				
<b>Dairy/Refrigerated</b>					
3	1 egg				
5	1 cup sour cream (or plain yogurt)				
6	½ (5 oz) package refrigerated pie crust				