



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

#	Grocery Item	X	#	Other Groceries	X
<b>Produce</b>					
1,3	5 garlic cloves		4	Thinly sliced romaine lettuce	
1	Fresh basil (or ½ tsp. dried basil)		6	1 large onion	
1	Fresh flat-leaf parsley				
2,6	2 Green bell peppers				
2,4	Tomato				
2	2 Tbsp. fresh cilantro				
2	Shredded iceberg lettuce				
3	Bok choy				
3	Green onion				
3	8 oz. mushrooms, slice				
3	½ c. julienne-cut carrots				
3	1 1-inch piece fresh gingerroot (I always just use ground ginger for this)				
4	1 small Vidalia onion				
<b>Canned/Bottled/Packaged</b>					
1	12 manicotti shells		1,6	Olive Oil	
1	1 (14.5 oz) can tomato puree		1	Dried oregano	
2	Balsamic vinegar		1,4,5	Freshly ground pepper	
2	Thick and chunky salsa		1,5	grated Parmesan cheese	
2	6 (8-inch) flour tortillas		2,4,5	Salt	
3	1 can (14 oz.) 100% fat-free vegetable broth		3	2 Tbsp. reduced-sodium soy sauce	
3	1 package (3 oz) oriental-flavored ramen noodles		4	Worcestershire sauce	
4	4 English muffins		6	Chili powder	
5	1 (12 oz.) can evaporated fat-free milk				
6	1 can (10.5 oz.) condensed 98% fat free cream of chicken soup				
6	2 cans (about 15 oz. each) canned white cannellini beans				
6	Ground cumin				
<b>Meats</b>					
2, 3	3-1/2 cup diced cooked chicken breast				
4	1 lb. ground buffalo or beef (7% fat or less)				
6	1 lb. skinless, boneless chicken breasts				
<b>Frozen</b>					
2,6	2-1/2 c. frozen corn kernels				
5	1 (10 oz.) box frozen chopped spinach				
<b>Dairy/Refrigerated</b>					
1	1-1/2 cup part-skim ricotta cheese		5	1 refrigerated pie crust	
1	1-1/4 cup shredded part-skim mozzarella cheese				
1,5	6 large eggs				
2	1/3 cup shredded sharp cheddar cheese				
4,6	1 cup shredded reduced-fat cheddar cheese				
5	1/3 cup low-fat cottage cheese				