



## Weight Watcher Friendly Grocery List for Sept. 27-Oct. 2

#	Grocery Item	X	#	Other Groceries	X
<b>Produce</b>					
1	2 ears corn		6	1-1/2 Tbsp. fresh rosemary	
1	Green onions		5	1 peach	
1	1 red bell pepper		5	1 mango	
1	1 green bell pepper		5	1 red onion	
1,5	1 lime (or lime juice)		5	1 small jalapeno pepper	
1,5	cilantro				
2,6	2 lemons				
2	8 c. lightly packed torn romaine lettuce				
2	10 cherry tomatoes				
4	1 onion				
5,6	7 Garlic cloves				
4	2 Tbsp. fresh basil				
4	3 medium zucchini				
<b>Canned/Bottled/Packaged</b>					
1	1 (15.5 oz.) can black beans		1	Canola oil	
1	Reduced-sodium taco seasoning packet		2,4	Black pepper	
2	½ c. reduced-calorie mayonnaise		4, 5,6	Salt	
2	1 tsp. Dijon mustard		5	½ tsp. dried oregano	
2	1 c. plain fat-free croutons		6	Red pepper flakes	
3	1 (18 oz) jar of sugar free grape jelly		5	½ tsp. honey	
3	1 (10 oz) jar of chili sauce		4, 5,6	Extra Virgin Olive Oil	
4	1 (28 oz) can crushed tomatoes		5	1 tsp. ground cumin	
4	¼ cup Parmigiano Reggiano				
5	1 tsp. ancho chile powder				
<b>Meats</b>					
1	½ lb. cooked skinless boneless chicken		5	4 (1/2 lb.) skinless salmon fillets	
2	6 slices turkey bacon		6	3.5 lb. whole chicken, giblets discarded	
2	2 c. cubed turkey breast				
4	1 lb. 93% lean beef				
<b>Frozen</b>					
3	1 (24 oz) bag of turkey meatballs				
<b>Dairy/Refrigerated</b>					
1	¼ c. light sour cream (optional)				
2	¼ c. fat-free half-and-half				
4	15 oz. part-skim ricotta				
4	16 oz. part-skim mozzarella cheese (Sargento)				
4	1 large egg				