



## Weight Watcher Friendly Grocery List for October 11-17

#	Grocery Item	X	#	Other Groceries	X
<b>Produce</b>					
5	2 carrots		5	1 (1/2 lb) baking potato	
5	2 celery stalks		5	¼ c. green beans	
1,2	3 garlic cloves		5	1 tsp. fresh sage (or ½ tsp. dried)	
1	2 c. lightly packed thinly sliced romaine lettuce		4,6	4-5 Tomatoes	
1	1 large tomato		6	1 Tbsp. fresh oregano	
2	5 c. small broccoli florets		6	1/4 c. fresh basil or 2 Tbsp. dried basil	
2	Fresh ginger		6	1 lemon or ¼ c. lemon juice	
3	2 tsp. fresh flat-leaf parsley				
3	2 c. white mushrooms, sliced				
4	2 Tbsp. green onion				
1, 5	2 onions				
<b>Canned/Bottled/Packaged</b>					
1	¼ c. barbecue sauce		1,2,3,4,6	Salt	
1	1 ½ tsp. hot pepper sauce		2	2 ½ Tbsp. cornstarch	
1	¼ c. Plain dried bread crumbs		2,5	Canola oil	
2,5	4 ½ c. reduced-sodium chicken broth		2	¼ tsp. red pepper flakes	
2	¼ c. reduced-sodium soy sauce		3,4,5,6	Black pepper	
3	½ c. fat-free mayonnaise		4	Chili powder	
3	2 tsp. Dijon mustard		5	1-2/3 c. reduced-fat all-purpose baking mix	
3	12 oz. egg noodles		1	Light hamburger buns	
3	1 (12 oz) can tuna packed in water		6	2 Tbsp. capers	
4	1 (15.5 oz) can pinto beans		3	Saltine or oyster crackers (optional)	
4	1 c. instant brown rice		6	¼ c. Parmesan cheese	
4	1 Tbsp. canned chopped mild or hot green chiles				
<b>Meats</b>					
1	1 lb. ground skinless chicken breast				
2	¾ lb. lean sirloin steak, thinly sliced				
5	1 lb. skinless boneless chicken breasts				
6	4 (5 oz) skinless boneless chicken breasts				
<b>Frozen</b>					
3,5	2 c. green peas				
4	1 c. canned or frozen corn kernels				
<b>Dairy/Refrigerated</b>					
1	2 Tbsp. crumbled blue cheese				
3,4	1 (16 oz) fat-free sour cream and ¾ c. fat-free sour cream				
3	½ c. shredded reduced-fat Monterey Jack or Swiss cheese				
4	¾ c. plus 2 Tbsp. shredded reduced-fat Mexican cheese blend				
5	2/3 c. fat-free milk				