Weight Watcher Friendly Grocery List for October 25

#	Grocery Item	X	#	Other Groceries	X
	Produce				
1, 3	2 medium onions				
4	1 small zucchini				
5	1 tomato (optional)				
5	Shredded lettuce (optional)				
6	Green onion (optional)				
	Canned/Bottled/Packaged				
1	½ c. barbecue sauce		1,2,4	Ground pepper	
1	¼ c. Italian-seasoned dry breadcrumbs		2,6	Salt	
2	1 (14.5 oz) can + 1/3 c. fat-free, reduced-sodium chicken broth		2,3	Cooking spray	
2	1 ½ Tbsp. Dijon mustard		4	1 (14.5 oz.) can chicken or vegetable broth	
3	1 (15 oz.) can low-fat chili beef soup		4	1 chicken bouillon cube	
3	1 (11 oz.) can Mexican-style corn				
3	1 (6-8.5 oz.) package cornbread mix				
4	2 (14.5 oz) cans diced tomatoes				
4	½ tsp. dried Italian seasoning				
5	Taco seasoning				
5	Taco shells				
6	Salsa (optional)				
	Meats				
1,5	2 pounds 90-93% lean ground beef				
2	4 (4 oz.) boneless center-cut pork loin chops				
	Frozen				
4	3 c. mini cheese ravioli				
	Dairy/Refrigerated				
1	2 egg whites				
2	1/3 c. fat-free half-and-half or fat-free evaporated milk				
3,5	2 c. shredded Mexican blend cheese				
5,6	Sour cream (optional)				
6	Butter (optional)				