



## Weight Watcher Friendly Grocery List for November 8

#	Grocery Item	X	#	Other Groceries	X
<b>Produce</b>					
2,3	2 large onions				
2	1 medium green bell pepper				
3	2 celery stalks				
3	½ lb. red new potatoes				
3	1 c. baby-cut carrots				
4	¼ c. chopped fresh basil				
<b>Canned/Bottled/Packaged</b>					
1	½ c. dry breadcrumbs		1	1 tsp. sugar	
2	1 can condensed 98% fat free cream of chicken soup		1	½ tsp. paprika	
2	2 cans (about 15 oz each) white cannellini beans		1	½ tsp. onion powder	
3	2 ½ c. reduced-sodium beef broth		1,4	¾ tsp. salt	
4	2/3 c. whole wheat panko (Japanese breadcrumbs)		1,2,3	1 tbsp. + 6 tsp. canola oil	
4	1 c. fat-free marinara sauce		1	4 tsp. cornstarch	
4	1 Tbsp. grated Parmesan cheese		2	4 tsp. chili powder	
5	Extra Virgin Olive Oil		2	2 tsp. ground cumin	
			3	2 Tbsp. + 1 tsp. flour	
			3	1 Tbsp. Worcestershire sauce	
			5	Lemon juice	
			5	Soy sauce	
<b>Meats</b>					
1	1 lb. pork tenderloin				
4	4 (5oz.) skinless, boneless chicken breasts				
2,6	2 lb. boneless skinless chicken breast				
3	1 lb. lean beef top round				
5	1 lb. tilapia fish				
<b>Frozen</b>					
2	1 ½ c. whole kernel corn		6	1 bag of Teriyaki Stir Fry (like the Fusia brand at Aldi)	
3	1 c. peas				
<b>Dairy/Refrigerated</b>					
1,4	2 large egg whites				
2	2 Tbsp. shredded cheddar cheese				
3	½ (15 oz) package pie crust				
4	¾ c. low-fat buttermilk				
4	4 (1/2 oz) slices part-skim mozzarella cheese				