

# WW Friendly Grocery List



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meal planning  
MOMMIES

## Produce

- \_\_\_ 1 apple (1)
- \_\_\_ 3 onions (1,4)
- \_\_\_ 1 small green bell pepper (3)
- \_\_\_ 2 tsp. chopped garlic (4,6)
- \_\_\_ 2 medium zucchinis (5,6)
- \_\_\_ 1 medium red bell pepper (5)
- \_\_\_ 2 red onions (5,6)
- \_\_\_ 8 grape tomatoes (5)
- \_\_\_ 1 large head iceberg lettuce (5)
- \_\_\_ Fresh parsley (5)
- \_\_\_ 2 plum tomatoes (6)
- \_\_\_ 1 medium yellow summer squash (6)
- \_\_\_ 1 medium avocado (6)
- \_\_\_ Juice of 1 lime (6)
- \_\_\_ 1 bunch cilantro (6)

## Meat

- \_\_\_ 2 lbs. 98-99% extra-lean ground turkey (1,3)
- \_\_\_ 2 slices center-cut bacon (1)
- \_\_\_ 1 lb. lean ground chicken (2)
- \_\_\_ 2 lbs. boneless, skinless chicken breasts (4,5)
- \_\_\_ 1 c. diced cooked chicken (6)

## Canned/ Packaged

- \_\_\_ 4 Tbsp. low-sugar BBQ sauce (1)
- \_\_\_ 10 whole grain buns or sandwich thins (1)
- \_\_\_ 2 (15 oz.) cans + 1/2 cup corn (2,4,6)
- \_\_\_ 1/2 c. old-fashioned oats (2)
- \_\_\_ 1/2 c. grated Parmesan cheese (2)
- \_\_\_ 1 (15 oz.) can pinto beans (3)
- \_\_\_ 1 (15 oz.) can tomato sauce (3)
- \_\_\_ 2 tsp. prepared mustard (3)
- \_\_\_ 2 Tbsp. honey (3,5)
- \_\_\_ 1/4 c. low-sugar ketchup (3)
- \_\_\_ 8 light hamburger buns (3)
- \_\_\_ 2 (15 oz.) cans diced tomatoes (4)
- \_\_\_ 1 (4 oz.) can chopped green chilies (4)
- \_\_\_ 1 (10 oz.) can enchilada sauce (4)
- \_\_\_ 2 (15 oz.) cans black beans (4,6)
- \_\_\_ 1 c. fat-free chicken broth (4)
- \_\_\_ 1 Tbsp. taco seasoning (4)
- \_\_\_ Optional: Tortilla chips (4)
- \_\_\_ 2 Tbsp. lemon juice (5)
- \_\_\_ 1/4 c. balsamic vinegar (5)
- \_\_\_ 2 Tbsp. red wine vinegar (5)
- \_\_\_ 1/2 c. chickpeas (5)
- \_\_\_ 1/2 c. dry quinoa (6)

## Spices/ Staples

- \_\_\_ Salt (1,2,6)
- \_\_\_ Ground black pepper (1,2,6)
- \_\_\_ 1-1/2 tsp. garlic powder (1,2,3)
- \_\_\_ 2 tsp. poultry seasoning (1,2)
- \_\_\_ 5 tsp. sugar (3,6)
- \_\_\_ 1 tsp. dried oregano (5)
- \_\_\_ 1/2 tsp. onion powder (5)
- \_\_\_ 1/2 tsp. garlic powder (5)

## Refrigerator

- \_\_\_ 1/3 + 1/2 c. crumbled feta (1,5)
- \_\_\_ 3 egg whites (2)
- \_\_\_ 1-1/3 c. plain nonfat Greek yogurt (4,5)
- \_\_\_ Optional: Low fat shredded cheese (4)
- \_\_\_ 1/2 c. feta cheese (5)

## Misc.

## Freezer

- \_\_\_ 1/2 c. peas (2)
- \_\_\_ 1/2 c. diced carrots (2)

## This week's meal plan

- 1 Apple Bacon Feta Turkey Sliders
- 2 Chicken Pot Pie Muffins
- 3 Skinny Sloppy Joes
- 4 Creamy Chicken Enchilada Soup
- 5 Greek chicken lettuce wraps
- 6 Southwest Quinoa Chicken Salad