

# WEIGHT WATCHERS FOOD TO BUY FROM COSTCO

freestyle smart points

midlifehealthyliving.com

0 POINTS	<ul style="list-style-type: none"> <li>Kirkland Signature Shrimp, Raw, Tail On (4 Oz)</li> <li>Kirkland Signature Solid White Albacore Packed in Water (1 Can)</li> <li>Kirkland Signature Organic Hard Boiled Eggs (1 Egg)</li> <li>Kirkland Signature Rotisserie Seasoned Chicken Breast (2 Oz)</li> <li>Kirkland Signature Diet Green Tea With Citrus (8 Fl Oz)</li> <li>Kirkland Signature Premium Chunk Chicken Breast (2 Oz)</li> <li>Kirkland Signature Orange Mango Sparkling Water (8 Fl Oz)</li> <li>Kirkland Cage Free Extra Large Eggs (1 Egg)</li> <li>Kirkland Signature Extra Lean Ham Sliced 98% Fat Free (1 Slice)</li> </ul>	<ul style="list-style-type: none"> <li>Kirkland Signature Plain Non-Fat Greek Yogurt (1 Cup)</li> <li>Kirkland Signature Boneless Skinless Chicken Breast (4 Oz)</li> <li>Kirkland Signature Wild Alaskan Pink Salmon (1/4 Cups)</li> <li>Kirkland Signature Organic Chicken Stock, Gluten Free (1 Cup)</li> <li>Kirkland Signature Frozen Golden Sweet Pineapple Chunks (3/4 Cup)</li> <li>Kirkland Signature Gluten Free Apple Sauce, No Sugar Added (1 Pouch)</li> <li>Kirkland Signature Atlantic Salmon (1 Portion)</li> <li>Kirkland Signature Imported Smoked Salmon (2 Oz)</li> <li>Kirkland Signature Ground Turkey, Extra Lean (3 Oz)</li> </ul>
1 POINT	<ul style="list-style-type: none"> <li>Kirkland Signature Bacon Crumbles (1 Tbsp)</li> <li>Kirkland Extra Thick Cut Steak Strips (1 Oz)</li> <li>Kirkland Signature Artichoke Hearts (2 Pieces)</li> <li>Kirkland Organic Unsweetened Vanilla Non-Dairy Almond Beverage (1 Cup)</li> <li>Kirkland Organic Tomato Sauce (1/4 Cup)</li> <li>Kirkland Signature Oven Roasted Sliced Turkey Breast 98% Fat Free (1 Slice)</li> </ul>	<ul style="list-style-type: none"> <li>Kirkland Organic Salsa (2 Tbsp)</li> <li>Kirkland Signature Chicken Tenderloins (4 Oz)</li> <li>Kirkland Signature Grilled Chicken Breast Strips (3 Oz)</li> <li>Kirkland Signature Spanish Queen Olives (2 Pieces)</li> <li>Kirkland Signature Black Forest Ham (2 Oz)</li> <li>Kirkland Signature Frozen Strawberries (1 Cup)</li> </ul>
2 POINTS	<ul style="list-style-type: none"> <li>Kirkland Signature Chicken Tortilla Soup (1 Serving)</li> <li>Kirkland Signature Strawberry Spread (1 Tbsp)</li> <li>Kirkland Signature Split Top Wheat Bread (1 Slice)</li> </ul>	<ul style="list-style-type: none"> <li>Kirkland Signature Marinara Sauce (1/2 Cup)</li> <li>Kirkland Signature Oven Dried Roma Tomatoes (2 Tbsp)</li> <li>Kirkland Signature Fiji Sliced Apples (1 Bag)</li> </ul>
3 POINTS	<ul style="list-style-type: none"> <li>Kirkland Signature Fully Cooked Bacon, Thick Sliced (2 Slices)</li> <li>Kirkland Signature Turkey Burgers (1 Burger)</li> <li>Kirkland Signature Fat Free Milk (1 Cup)</li> <li>Kirkland Signature Boneless Skinless Chicken Thighs (4 Oz)</li> <li>Kirkland Signature Crackers (3 Pieces)</li> <li>Kirkland Hickory Wood Smoked Full Cooked Bacon (2 Slices)</li> <li>Kirkland Signature Creamy Almond Butter (1 Tbsp)</li> </ul>	<ul style="list-style-type: none"> <li>Kirkland Signature Organic Vanilla Soy Milk (1 Cup)</li> <li>Kirkland Signature American Cheese Slices (1 Slice)</li> <li>Kirkland Signature Fresh and Creamy Goat Cheese (1 Oz)</li> <li>Kirkland Signature Organic Marinara Sauce (1/2 Cup)</li> <li>Kirkland Signature Low Moisture Part Skim Mozzarella Cheese, Shredded (1/4 Cup)</li> <li>Kirkland Real Mayonnaise (1 Tbsp)</li> <li>Kirkland Organic Fruity Snacks (1 Pouch)</li> </ul>
4 POINTS	<ul style="list-style-type: none"> <li>Kirkland Signature Mexican Style Shredded Cheese (1/4 Cup)</li> <li>Kirkland Signature Smoked Pulled Pork (2 Oz)</li> <li>Kirkland Signature Organic Tortilla Chips (14 Pieces)</li> <li>Kirkland Signature Chocolate Chips Soft &amp; Chewy Granola Bar (1 Bar)</li> <li>Kirkland Signature Clover Honey (1 Tbsp)</li> <li>Kirkland Signature Ancient Grains Bread (1 Slice)</li> <li>Kirkland Signature Multigrain Bread (1 Slice)</li> </ul>	<ul style="list-style-type: none"> <li>Kirkland Signature Semi Sweet Chocolate Chips (30 Pieces)</li> <li>Kirkland Signature Animal Crackers (10 Crackers)</li> <li>Kirkland Signature Extra Virgin Olive Oil (1 Tbsp)</li> <li>Kirkland Signature Sharp Cheddar Cheese (1 Oz)</li> <li>Kirkland Signature Lean Ground Beef Patties (1 Pattie)</li> <li>Kirkland Signature Colby Jack Cheese (1 Oz)</li> <li>Kirkland Signature Dinner Rolls (1 Roll)</li> </ul>
5 POINTS	<ul style="list-style-type: none"> <li>Kirkland Signature Tortilla Chips (9 Pieces)</li> <li>Kirkland Signature Kettle Sea Salt Chips (1 Oz)</li> <li>Kirkland Signature Almonds (1/4 Cup)</li> <li>Kirkland Signature Whole Fancy Indian Cashews (1 Oz)</li> <li>Kirkland Signature Roasted Corn Chowder (1 Cup)</li> </ul>	<ul style="list-style-type: none"> <li>Kirkland Signature Gluten Free Chocolate Chip Cookie Dough Protein Bar (1 Bar)</li> <li>Kirkland Signature Single Serve Hummus Cups (1 Container)</li> <li>Kirkland Signature Beef Hot Dogs (1 Link)</li> <li>Kirkland Signature Organic Quinoa (1/4 Cup)</li> </ul>
6 POINTS	<ul style="list-style-type: none"> <li>Kirkland Extra Fancy Mixed Nuts (1/4 Cup)</li> <li>Kirkland Signature Trail Mix (3 Tbsp)</li> <li>Kirkland Signature Whole Grain Chicken Nuggets (5 Pieces)</li> </ul>	
7 POINTS	<ul style="list-style-type: none"> <li>Kirkland Signature Milk Chocolate Almonds (11 Pieces)</li> <li>Kirkland Signature Movie Theater Butter Microwave Popcorn, Unpopped (2 Tbsp)</li> <li>Kirkland Signature Organic Ground Beef (4 Oz)</li> </ul>	