

WEIGHT WATCHERS FOOD

BLUE PLAN WALMART SHOPPING LIST

midlifehealthyliving.com

zero points

- Hormel Applewood Smoked Real Bacon Crumbles (1 Tbsp)
- Great Value Plain Nonfat Yogurt
- GV Plain Nonfat Greek Yogurt
- GV White Corn and Black Bean Salsa
- GV Grade A, Large White Eggs
- GV Chunk Chicken Breast (2 Oz)
- GV Sugar Free Strawberry Preserves (1 Tbsp)
- GV 97% Fat Free Cooked Ham (1 Slice)
- GV Non-Dairy Powder Coffee Creamer (1 Tsp)
- GV Original Liquid Eggs (1/4 Cup)
- GV Fat Free Refried Beans (1/2 Cup)
- GV Chocolate Syrup, Sugar Free (2 Tbsp)
- GV Stevia (1 Tsp)
- GV Unsweetened Applesauce (1/2 Cups)
- GV Mild Chunky Salsa (1/2 Cup)
- GV Prepared Dijon Mustard (1 Tsp)
- GV Fruit Cocktail (1/2 Cup)
- GV Chicken Breasts (4 oz)
- GV Frozen Fruit & Frozen Fruit Blends
- GV No Stick Cooking Spray, Olive Oil (1 Spray)
- GV Chicken Breast Tenderloins (4 Oz)
- GV Broth, Chicken (1 Cup)
- GV Hot Dog Chili Sauce (1 Tbsp)
- GV Salmon Fillets (1 Fillet)
- GV Shrimp, Extra Small, Peeled, Tail Off (31 Pieces)
- GV Tomato Sauce (1/4 Cup)
- GV Premium, Wild Caught, Chunk Light, Tuna in Water (1/4 Cup)
- GV Fire Roasted Diced Tomatoes (1/2 Cup)

one point

- GV Black Forest Thin Sliced Ham (5 Slices)
- GV 98% Fat Free Mesquite Smoked Turkey (4 Slices)
- GV Pasteurized Process Cheese, Fat Free Singles (1 Slice)
- GV Half and Half, Fat Free (2 Tbsp)
- GV 100% Whole Wheat Bread (1 Slice)
- GV Rotisserie Seasoned Chicken Breast (4 Slices)
- GV Original Unsweetened Almond Milk (1 Cup)
- GV Fat Free Cream Cheese (1 oz)
- GV Whipped Topping (3 Tbsp)
- GV Fat Free Italian Dressing (2 Tbsp)
- GV Real Bacon Pieces (1 Tbsp)
- GV Sugar Free Instant Pudding, Chocolate (1/4 Package)
- GV 100% Parmesan Cheese, Grated (1 Tbsp)
- GV No Sugar Added Cherry Pie Filling (3 Oz)
- GV Bread and Butter Pickle Chips (1 Oz)
- GV Minced Pimiento Stuffed Olives (5 Pieces)
- GV Turkey Bacon (1 Slice)
- GV Chipotle Chicken Breast (4 Oz)
- GV French Fried Onions (1 1/2 Tbsp)
- GV Sugar Free French Vanilla Powder Creamer (3 Tsp)
- GV Thin Sliced Roast Beef (6 Slices)
- GV Peach Pineapple Chipotle Salsa (2 Tbsp)
- GV Taco Seasoning Mix (1 Tsp)
- GV Evaporated Fat Free Milk (1 Oz)
- GV Sweet & Spicy Chunk Light Tuna (1 Pouch)
- GV Soup & Dip Mix, Onion (1 Tbsp)

two points

- GV Soup & Oyster Crackers (37 Crackers)
- GV Cottage Cheese, Low Fat (1/2 Cup)
- GV French Vanilla Liquid Coffee Creamer (1 Tbsp)
- GV Heavy Whipping Cream (1 Tbsp)
- GV Light Flavored Greek Nonfat Yogurt (1 Container)
- GV Saltine Crackers (5 Crackers)
- GV Enriched Sandwich Bread (1 Slice)
- GV Deluxe Low Fat American Cheese (1 Slice)
- GV Cottage Cheese, Low Fat (1/2 Cup)
- GV Deli Sliced Provolone Cheese (1 Slice)
- GV Light Raspberry Vinaigrette Dressing (2 Tbsp)
- GV Natural Hardwood Smoked Bacon (2 Slices)
- GV Multigrain Crackers (4 Crackers)
- GV Southern Style Hashbrowns (3 Oz)
- GV Thin Sliced Honey Ham (5 Slices)
- GV Zesty Italian Dressing & Marinade (2 Tbsp)
- GV Cinnamon Vanilla Coffee Creamer (1 Tbsp)
- GV Natural Hardwood Smoked Bacon, Thick Cut (1 Slice)
- GV 40 Calories Per Slice Wheat Bread (2 Slices)
- GV Grilled Chicken Breast Fillet with Rib Meat (1 Fillet)
- GV Soup, Condensed, Cream of Chicken (1/2 Cup)
- GV Sliced New Potatoes (1 Serving)
- GV Original Beef Jerky (1 Oz)
- GV Apple Pie Filling (1/3 Cup)
- GV Soup, Condensed, Cream of Mushroom (1/2 Cup)
- GV Marshmallow Creme (2 Tbsp)
- GV Soup, Condensed, Chicken Noodle (1/2 Cup)
- GV Teriyaki Beef Jerky (1 Oz)
- GV Spiced Apple Butter (1 Tbsp)

three points

- GV Fat Free 0% Milk (1 Cup)
- GV Fat Free Pretzel Sticks (1 Serving)
- GV Breakfast Patties, Turkey (1 Patty)
- GV Low Moisture, Part Skim, Mozzarella String Cheese (1 Stick)
- GV Cheese, Shredded, Mozzarella (1/4 Cup)
- GV Sugar Free Instant Oatmeal (1 Packet)
- GV Light Ranch Dressing (2 Tbsp)
- GV Cheddar Sliced Cheese (1 Slice)
- GV Hamburger Buns (1 Bun)
- GV Instant Grits Butter Flavor (1 Packet)
- GV Cheese, Shredded, Parmesan (1/3 Cup)
- GV Deli Style Sliced Cheese, Swiss (1 Slice)
- GV Yogurt, Light, Nonfat (6 Oz)
- GV Light Cream Cheese Spread (1 Oz)
- GV Milk, Lactose Free, Fat Free (1 Cup)
- GV Hot Cocoa Mix (1 Packet)
- GV Cream Cheese Spread, Whipped (2 Tbsp)
- GV Cottage Cheese, Small Curd (1/2 Cup)
- GV Real Mayonnaise (1 Tbsp)
- GV Corn Flakes Cereal (1 Cup)
- GV Hickory Smoked Fully Cooked Bacon (2 Slices)
- GV Original English Muffins (1 Muffin)
- GV 100% Whole Wheat Hot Dog Bun (1 Bun)
- GV 9 Grain Bread (1 Slice)
- GV Reduced Fat Crescent Rolls (1 Serving)
- GV Buttermilk Biscuits (2 Biscuits)
- GV White American Cheese (1 Slice)
- GV Whole Wheat & Honey Bread (1 Slice)
- GV Plain Panko Bread Crumbs (1/2 Cup)
- GV Premium Honey Smoked Turkey Breast (4 Slices)
- GV Original Almond Milk (1 Cup)
- GV Traditional Pasta Sauce (1/2 Cup)
- GV Steak Fries (3 Oz)
- GV Toasted Rice Cereal (1 Cup)
- GV Homestyle Biscuits (1 Biscuit)
- GV Woven Square Crackers (6 Crackers)
- GV Chicken Flavored Stuffing Mix (1 Oz)
- GV Sliced Peaches, Extra Light Syrup (1/2 Cup)

four points

- GV Cheese, Finely Shredded Monterey Jack Blend (1/2 Cup)