

# WEIGHT WATCHERS FOOD

## PURPLE PLAN WALMART SHOPPING LIST

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### *zero points*

- Great Value (GV) Plain nonfat yogurt 1 cup
- GV Fat free shredded mild cheddar cheese 1/4 cup(s)
- GV Grade A, Large White Eggs
- GV Cottage cheese, small curd, fat free 1/2 cup
- GV Shredded hash browns 1 cup
- GV Unsweetened Applesauce (1/2 Cups)
- GV Original Liquid Eggs (1/4 Cup)
- GV Non-dairy powder coffee creamer 1 tsp
- GV canned Chicken Breast in water (2 oz)
- GV California style vegetable mix broccoli carrots and cauliflower 5/8 cup
- GV Organic Garbanzo beans, chick peas, pinto beans, black beans 1/2 cup
- GV Plain Nonfat Greek Yogurt
- GV Golden sweet whole kernel corn 4 1/2oz
- GV Frozen vegetables no sauce added
- GV Fat Free Refried Beans (1/2 Cup)
- GV Mild Chunky Salsa (2 Tbsp)
- GV Black Forest Thin Sliced Ham 97% free (1 Slice)
- GV Fat Free Turkey breast (1 Slice)
- GV Sugar free strawberry preserves 1 Tbsp
- GV Black Beans, 1/2 cup
- GV Wild caught pink salmon skinless fillets 4 oz
- GV Instant brown rice natural whole grain 1/2 cup
- GV Oven toasted quick oats 1/2 cup dry
- GV Original liquid coffee creamer 1 Tbsp
- GV Southern hash browns 1/2 cup
- GV Whole wheat thin spaghetti, elbows, egg noodles. Rotini, linguine 2 oz uncooked
- GV Whole blueberries no sugar added 1 cup
- GV Chocolate Syrup, Sugar Free (2 Tbsp)
- GV Frozen pineapple chunks 1 cup most frozen fruit no sugar added
- GV Strawberry banana blend (fresh frozen fruit no sugar added) 1 cup
- GV Hamburger dill pickles chips, fresh pack 5 chips
- GV Instant oatmeal 1 packet
- GV Sliced new potatoes 1 serving
- GV Sliced peaches with splenda 1/2 cup
- GV Garlic stuffed green olives 2 olives
- GV sliced beets 1/2 cup
- GV Popping Corn, Yellow 3 Tbsp unpopped
- GV Solid white albacore tuna in water 2 oz
- GV Chicken broth 1 cup
- GV Chicken Breasts (4 oz)
- GV Frozen Fruit & Frozen Fruit Blends no sugar added
- GV No Stick Cooking Spray, Olive Oil (1 Spray)
- GV Tomato Sauce (1/4 Cup)
- GV Fire Roasted Diced Tomatoes (1/2 Cup)

### *one point*

- GV Low Moisture, Part Skim, Mozzarella String Cheese (1 Stick)
- GV Half and Half, Fat Free (2 Tbsp)
- GV 100% Whole Wheat Bread (1 Slice)
- GV Original unsweetened almond milk 1 cup
- GV Light mayonnaise 1 Tbsp
- GV Powdered peanut butter 2tbsp
- GV Pizza sauce (14 oz jar) 1/4 cup
- GV Whipped topping 3 TBSP
- GV Pasteurized Process Cheese, Fat Free Singles (1 Slice)
- GV Cheese and garlic seasoned croutons 2 Tbsp
- GV 98% Fat Free Mesquite Smoked Turkey (4 Slices)
- GV Real bacon pieces 1 Tbsp
- GV Black Forest Thin Sliced Ham (5 Slices)
- GV Rotisserie Seasoned Chicken Breast (4 Slices)
- GV Fat Free Cream Cheese (1 oz)
- GV No sugar added cherry pie filling 3 oz
- GV Thinly sliced roast beef 6 slices
- GV Dried cranberries & honey roasted almonds 1 Tbsp
- GV Sliced pickled beets 1 serving
- GV Sliced roasted almonds 1 tbsp
- GV Sweet and spicy chunk light tuna 1 pouch
- GV Fully cooked grilled chicken breast 3 oz
- GV Tomatoes. Stewed, Sliced 1/2 cup
- GV sugar 1 tsp

## two points

- GV Cottage Cheese, Low Fat, Small Curd ½ cup
- GV Soup and oyster crackers 37 crackers
- GV Naturally hickory smoked fully cooked bacon 3 slices
- GV Light peach flavor Greek nonfat yogurt 1 container
- GV Reduced fat shredded low moisture mozzarella cheese ¼ cup
- GV Cheese Product, Pasteurized Prepared, Singles, White American 1 slice
- GV Thin sliced honey ham 5 slices
- GV Soft taco flour tortillas 1
- GV Dried cranberries & candied pecans 1 tbsp
- GV Concord grape jelly 1 tbsp
- GV Salsa con queso cheese dip 2 tbsp
- GV Crackers, Unsalted Tops 5 crackers
- GV Multi-grain crackers 4 crackers
- GV No sugar added fat free vanilla ice cream ½ cup
- GV Movie theater butter flavored popcorn (0.5 oz pkg) 1 pack
- GV Stir fry riced cauliflower 1 cup
- GV Wheat round top bread 1 slice
- GV 100% Tomato Juice 8 oz
- GV Classic Alfredo pasta sauce ¼ cup
- GV Freeze dried fuji apple fruit crisps 1 bag
- GV Ranch dip 2 tbsp
- GV Original beef jerky (individual packs) 1
- GV Soup, Condensed, Chicken Noodle ½ cup
- GV Soup, Condensed, Cream of Mushroom ½ cup
- GV Organic Multigrain rice cakes 2 cakes
- GV Mediterranean style quinoa with spinach tomato and feta cheese 1 cup

## three points

- GV Breakfast Patties, Turkey 1 patty
- GV Pretzel mini twists 22
- GV Sliced Colby and Monterey Jack cheese 1 slice
- GV Cheese, Finely Shredded, Mozzarella 1/3 cup
- GV Fat free 0% milk 8 oz
- GV Whipped cream cheese spread 2 tbsp
- GV Original English muffins 1
- GV Yogurt, Nonfat, Light, Vanilla 6 oz
- GV Taco shells 2
- GV Small curd 4% milk fat cottage cheese ½ cup
- GV 9 Grain bread 1 slice
- GV Applewood smoked bacon 2 slices
- GV Buttermilk biscuits 2
- GV Original almond milk 1 cup
- GV Apple cinnamon sugar free instant oatmeal 1 packet
- GV Enriched instant grits butter flavor 1 packet
- GV White American cheese 1 slice
- GV Traditional pasta sauce ½ cup
- GV Chili Beans ½ cup
- GV 100 % whole wheat hot dog bun 1
- GV Steak Fries 3 oz
- GV Rice squares toasted cereal 1 cup
- GV Small fajita flour tortillas 1
- GV Thinly sliced Swiss cheese 2 slices
- GV Kidney beans, dark red ½ cup
- GV Original premium sausage 1 patty
- GV Chicken flavored stuffing mix 1 oz
- GV Soy milk, Organic, Vanilla 1 cup