

WEIGHT WATCHERS FOOD TO BUY FROM ALDIS (FIT & ACTIVE)

Live G Free

8 POINTS
6 POINTS
5 POINTS
4 POINTS
3 POINTS
2 POINTS
1 POINT
0 POINTS

Non Fat Yogurt
Non Fat Greek Yogurt
Sugar Free Raspberry Preserves | 1 Tbsp
Egg Substitute | ¼ Cup
Liquid Egg Whites

Sugar Free Apricot Preserves | 1 Tbsp
Grilled Chicken Bites | 3 Oz
Chicken Broth | 1 Cup
Petite Diced Tomatoes | ½ Cup
Strawberry Lemonade Flavored Beverage | 8 Oz

Turkey Bacon | 1 Slice
White Bread | 1 Slice
Wheat Bread | 1 Slice
Fat Free Whipped Topping | 2 Tbsp

Oven Roasted Turkey Breast | 2 Oz
Chicken Noodle Chunky Style Soup | 1 Cup
Assorted Fruit Flavored Snacks | 1 Pouch
Light Mayonnaise | 1 Tbsp

40 Calorie Wheat Bread | 2 Slices
Multigrain Wraps | 1 Wrap
Rice Snacks | 8 Mini Cakes
Reduced Fat Light Balsamic Vinaigrette Dressing | 2 Tbsp
Lean Turkey Polska Kielbasa | 2 Oz
Smoked Honey Ham | 2 Oz
Cracked Pepper Turkey Breast Tenderloins | 4 Oz
Strawberry Fruit Strips | 1 Strip

Cream of Chicken Condensed Soup | ½ Cup
Raspberry Fruit Strip | 1 Strip
Light Cucumber Ranch Dressing | 2 Tbsp
Reduced Fat Provolone Cheese Deli Slices | 1 Slice
Low Fat Devil's Food Cookie Cakes | 1 Cookie
Vegetable Beef Homestyle Soup | 1 Cup
Chocolate Rice Snacks | 7 Chips
Ranch Rice Snacks | 9 Chips

2% Milk Mexican Shredded Cheese Blend | ¼ Cup
Reduced Fat Light Ranch Dressing | 2 Tbsp
Lean Ground Turkey | 4 Oz
Hardwood Smoked Turkey Franks | 1 Link
Blueberry with Yogurt Drizzle Vitality Cereal Bar | 1 Bar
101 Calorie Smoked Almonds | 1 Pouch
Reduced Fat Sharp Cheddar Cheese | 1 Oz

Lite Fruit Cocktail | ½ Cup
Tomato, Garlic, Onion Pasta Sauce | ½ Cup
Traditional Pasta Sauce | ½ Cup
Reduced Fat Cream Cheese | 2 Tbsp
Crinkle Cut Fries | 16 Pieces
100 Calorie Baked Cheese Snacks | 1 Pouch

Whole Grain Waffles | 2 Waffles
Baked Chocolate Wafer Snacks | 1 Package
Reduced Fat Wheat Crackers | 18 Crackers
Instant Brown Rice | ½ Cup

Butter Flavor Microwave Popcorn | 3 Tbsp Unpopped
Sweet Italian Sausage | 1 Link
Turkey Meatballs | 6 Meatballs
Sour Cream and Onion Cracker Crisps | 1 Oz

Fudge Ice Cream Bar | 1 Bar
Unsalted Dry Roasted Peanuts | 40 Pieces
Unsalted Almonds | ¼ Cup
Chickenless Patties | 1 Patty

100 Calorie Dipped Pretzels | 1 Pouch
Chicken Parmesan | 8 Oz
Roasted Olive Oil and Couscous | ¼ Cup

Fruit and Grain Cereal Bars | 1 Bar
Cranberry Walnut Protein Meal Bars | 1 Bar
Whole Grain Rotini Pasta | ¾ Cup
Chocolate Flavored Drizzle Multigrain Crisps | 1 Oz

7 POINTS

Chocolate Peanut Butter Protein Meal Bars | 1 Bar
Chocolate Flavored Weight Loss Shake | 1 Bottle
Turkey Breakfast Sausage Sandwiches | 1 Sandwich
Strawberry Protein Meal Bar | 1 Bar
Spanish Quinoa Rice Blend | ¼ Cup

Southwest Veggie Stuffed Sandwich | 1 Sandwich

3 POINTS
3 POINTS
4 POINTS
5 POINTS
6 POINTS
8 POINTS

Pretzel Sticks | 32 Pieces
Mini Pretzel Twists | 19 Pieces
Edamame & Lentil Chips | 12 Chips
Fiesta Lime Black Bean Crackers | 18 Crackers

Black Sesame Brown Rice Chips | 12 Crisps
Cranberry Cashew Honey Granola | ¼ Cup
Cheddar Cheese Crackers | 28 Crackers
Jalapeno Jack Cheddar Cheese Crackers | 22 Crackers
Applewood Smoked BBQ Rice Thins | 20 Crackers
White Bread | 2 Slices
Plain Wrap | 1 Wrap
Very Berry Baked Chewy Bars | 1 Bar
Caramel Apple Baked Chewy Bar | 1 Bar
Pizza Crust Mix | 1 Serving Prepared
Parmesan Cheese Crackers | 28 Crackers

Sweet Chili Brown Rice Chips | 12 Chips
Brown Rice Spaghetti | 2 Oz
Chocolate Brownie Soft Baked Cookies | 2 Cookies
Cocoa Loco Chewy Bar | 1 Bar
Snickerdoodle Soft Baked Cookies | 2 Cookies

Brown Rice and Quinoa Penne Pasta | ½ Cup
Cheese Pizza | 2 Slices
Brownie Mix | 3 Tbsp
Fusilli Corn Pasta | 2 oz

Rice Pasta & Cheddar Boxed Dinner | 2 ½ Oz

WEIGHT WATCHERS FOOD TO BUY FROM ALDIS (SIMPLY NATURE)

freestyle smart points
midlifehealthyliving.com

0 POINTS

Unsweetened Applesauce
Organic Natural Spring Mix
Organic Black Beans
Thick and Chunky Mild Salsa | 2 Tbsp
Low Sodium Free Range Chicken Broth
Organic Refried Black Beans | ½ Cup
Oven Roasted Turkey Breast | 2 Oz
Organic Baby Spinach

1 POINT

Country Style Sausage with Sage and Thyme | 1 Link
Unsweetened Vanilla Almond Milk | 1 Cup
Organic Garlic Hummus | 2 Tbsp
Unsalted Rice Cakes | 1 Cake
Whole Wheat Bread | 1 Slice

2 POINTS

Sprouted 7 Grain Bread | 1 Slice
Marinara Premium Pasta Sauce | ½ Cup
Chicken Noodle Soup | 1 Cup
French Vanilla Creamer | 1 Tbsp
Organic Lentil Soup | 1 Cup
Spicy Italian Chicken Sausage | 1 Link

3 POINTS

Organic Seedtastic Bread | 1 Slice
Oat So Healthy Honey Oat Bread | 1 Slice
Olive Oil and Sea Salt Popcorn | 3 Cups
Skim Milk | 1 Cup
Roasted Red Pepper Dressing | 2 Tbsp
Chunky Strawberry Fruit Bar | 1 Bar
Raspberry Lemonade Twisted Fruit Rope | 1 Snack
Pretzel Slims | 1 Oz

4 POINTS

Organic Yellow Corn Tortilla Chips | 10 Chips
Organic Light Agave Nectar | 1 Tbsp
Milled Flax Seed | 3 Tbsp
Blue Corn Tortilla Chips | 8 Chips
Wildflower Honey | 1 Tbsp
Organic Quinoa | ¼ Cup
Kids White Cheddar Puffs | 1 Pouch
Herbs and Spices Popcorn | 3 Cups
BBQ Flavored Popped Chips | 26 Chips
Kale Veggie Burgers | 1 Burger
Organic Vanilla Soy Milk | 1 Cup
Homestyle Turkey Meatballs | 4 Meatballs

5 POINTS

Oats and Flax Instant Oatmeal | 1 Packet
Vegetable Chips | 15 Chips
2 % Reduced Fat Milk | 1 Cup
Quick Cook Brown Rice | ¼ Cup
Oatmeal Pancake Mix | 1 ¾ Oz
Whole Wheat Pancake Mix | 1 ¾ Oz
Sweet Potato Corn Tortilla Chips | 9 Chips
All Natural Rainbow Quinoa | ¼ Cup

6 POINTS

Maple Spice Instant Oatmeal | 1 Packet
Linguini | 2 Oz

7 POINTS

Quinoa and Brown Rice | 1 Cup
Creamy Cashew Butter | 2 Tbsp

8 POINTS

Pumpkin and Flax Granola | ¾ Cups
Organic Shells and White Cheddar | ½ Package
Almond and Coconut Fruit and Nut Bar | 1 Bar