

WEIGHT WATCHERS FOOD

TO BUY FROM TARGET

(MARKET PANTRY)

freestyle smart points

0 POINTS

Frozen Fruit
 No Sugar Added Fruit Cups
 Fat Free Traditional Refried Beans
 Fat Free Original Non Dairy Creamer | 1 Tsp
 Eggs
 Mild Chunky Salsa
 Light Homestyle Vegetable Noodle Soup | 1 Cup
 Cooked Shrimp
 Frozen Fish
 Frozen Vegetables

1 POINT

Light Mozzarella String Cheese | 1 Stick
 Sugar Free Syrup | ¼ Cup
 Fat Free Half and Half | 2 Tbsp
 Oven Roasted Turkey Breast Slices | 2 Oz
 Light Mayonnaise | 1 Tbsp
 Black Forest Ham Deli Slices | 2 Oz
 Turkey Sausage Snack Sticks | 1 Stick
 97% Fat Free Cooked Ham | 1 Slice
 Fat Free Zesty Italian Dressing | 2 Tbsp
 Light Homestyle Italian Vegetable Soup | 1 Cup
 Beef Gravy | ½ Cup
 Fat Free Sour Cream | 2 Tbsp

2 POINTS

Reduced Fat Deli Style Provolone Cheese | 1 Slice
 Reduced Fat Part Skim Mozzarella Shredded Cheese | ¼ Cup
 1% Small Curd Cottage Cheese | ½ Cup
 Reduced Fat Colby Jack Cheese Bars | 1 Bar
 Swiss Cheese Slices | 1 Slice
 Light Sour Cream | 2 Tbsp
 Fat Free Small Curd Cottage Cheese | ½ Cup
 Honey Ham, Ultra Thin Deli Slices | 2 Oz
 Turkey Jerky | 1 Oz
 Soup and Oyster Crackers | 36 Crackers
 Enriched White Bread | 1 Slice
 Original Saltine Crackers | 5 Crackers
 Shredded Hash Browns | ½ Cup

3 POINTS

Reduced Fat Sharp Cheddar Cheese | ¼ Cup
 Light Plain Cream Cheese | 2 Tbsp
 Fully Cooked, Hardwood Smoked, Bacon | 4 Slices
 Pepper Jack Cheese Sticks | 1 Stick
 Chunky Chicken and Sausage Gumbo | 1 Cup
 100 Calorie Packs Baked Cheese Crisps | 1 Pouch
 4 Cheese and Herb Seasoned Boneless Skinless Chicken Breast | 4 Oz
 Original English Muffins | 1 Muffin
 Orange Cream Bar | 1 Bar

4 POINTS

93% Lean Ground Beef Patties | 4 Oz
 Lower Sugar Maple and Brown Sugar Instant Oatmeal | 1 Packet
 Lean Turkey Meatballs Fully Cooked | 6 Meatballs
 All Natural Old Fashioned Oats | ½ Cup
 Vanilla Flavored Mini Ice Cream Sandwich | 1 Sandwich
 Quick Oats | ½ Cup
 Low Fat Milk 1% | 1 Cup
 White Hamburger Bun | 1 Bun
 Lean Ground Beef | 4 Oz
 Tropical Fruit Snacks | 1 Pouch
 6 Inch Corn Tortilla | 2 Tortillas
 8 Inch Whole Wheat Tortilla | 1 Piece
 Yellow Kernel Popping Corn | 3 Tbsp Unpopped

5 POINTS

Peanut Butter Filled Pretzels | 10 Pretzel Bites
 Thin Cut Fries | 40 Pieces

6 POINTS

Tri Color Rotini Pasta | ¾ Cup
 Peach Ring Gummy Candy | 5 Pieces
 Peanut Butter Sandwich Crackers | 6 Pieces
 Vanilla Wafer Cookies | 8 Cookies
 Reduced Sodium New England Clam Chowder | 1 Cup
 Pre Sliced Everything Bagels | 1 Bagel
 Mixed Nuts | 30 Pieces
 Whole Wheat Macaroni | ¾ Cup Dry

7 POINTS

Pumpkin Waffles | 2 Waffles
 Crunchy Oats and Honey Granola Bars | 2 Bars
 Canadian Bacon Sandwiches | 1 Sandwich
 Cookies, Chocolate Chip, Crispy | 3 Cookies
 Summer Sausage Beef | 2 Oz

8 POINTS

Holiday Egg Nog | ½ Cup
 Frosted Brown Sugar Cinnamon Toaster Pastries | 1 Pastry
 Light Turkey Sausage Sandwiches | 1 Sandwich

WEIGHT WATCHERS FOOD

TO BUY FROM TARGET

(SIMPLY BALANCED)

freestyle smart points

0 POINTS

Swai Fillets | 4 Oz
 Large Brown Eggs
 Alaskan Salmon Fillets | 4 Oz
 Cod Fillets | 1 Fillet
 Organic Unsweetened Applesauce
 Tilapia Fillet | 1 Fillet
 Freeze Dried Green Peas | ¾ Cup
 Yellowfin Tuna Steaks | 1 Fillet
 Sea Scallops | 4 Oz
 Uncured Turkey Bacon | 1 Slice
 Jumbo Shrimp

1 POINT

Organic Pizza Sauce | ¼ Cup
 Unsweetened Almond Milk | 1 Cup
 Breakfast Chicken Sausage | 1 Link

2 POINTS

Fruit Strips | 1 Strip
 Chicken Wild Rice Soup | 1 Cup
 Butternut Squash Soup | 1 Cup
 Organic Traditional Hummus | 2 Tbsp
 Organic Roasted Red Pepper Hummus | 2 Tbsp
 Chicken Tortilla Soup | 1 Cup
 Rustic Bean and Vegetable Soup | 1 Cup
 Sausage, Chicken, Spinach & Garlic | 1 Link
 Spicy Italian Chicken Sausage | 1 Link
 Smoky Chipotle Meatless Chicken | ¾ Cup

3 POINTS

Organic Sea Salt Popcorn | 3 ½ Cups
 Italian Style Chicken Meatballs | 4 Meatballs
 Multigrain Pita Crackers | 10 Crackers
 Popcorn Chips Sea Salt | 15 Chips
 Chipotle Glazed Salmon Fillet | 1 Fillet
 Popcorn, Whole Grain, Lightly Salted | 3 Cups
 Garlic Marinara Pasta Sauce | ½ Cup
 Fat Free Organic Skim Milk | 1 Cup
 Tomato Basil Pasta Sauce | ½ Cup
 Roasted Vegetable Pasta Sauce | ½ Cup

4 POINTS

Corn (Blue, White, Yellow Corn) Tortilla Chips | 11 Chips
 Thai Style Chicken Curry Soup | 1 Cup
 Vanilla Almond Milk | 1 Cup
 Vanilla Greek Yogurt | ¼ Container
 Peanut Butter Baked Corn Puffs | 36 Pieces
 Fruit on the Bottom Strawberry Greek Yogurt | 1 Container
 Homestyle Turkey Meatballs | 4 Meatballs
 Organic Tomato Basil Soup | 1 Cup
 Organic Quinoa | ¼ Cup
 Southwestern Style Black Bean Soup | 1 Cup
 Peanut Butter Chocolate Chip Chewy Granola Bar | 1 Bar
 Organic Steel Cut Oats | ¼ Cup Dry
 Sea Salt and Black Pepper Potato Crisps | 1 Oz

5 POINTS

Organic 2% Reduced Fat Milk | 1 Cup
 White Cheddar Popcorn | 2 ¾ Cups

6 POINTS

Creamy Peanut Butter | 2 Tbsp
 Creamy Cashew Butter | 2 Tbsp
 Farfalla Whole Wheat Pasta | 1 Cup Dry
 Whole Wheat Penne Rigate | ¾ Cup Dry
 Spaghetti, Whole Wheat | □ Package Dry

7 POINTS

Low Fat Berry Blend Granola | ½ Cup
 Mixed Berries Dried | ¼ Cup
 Heat and Serve Garlic and Olive Oil Quinoa | ¾ Cup

8 POINTS

Honey Almond Flax Granola | ½ Cup
 Vanilla Bean Granola | ½ Cup