

WEIGHT WATCHERS FOODS TO BUY FROM ALDI GREEN PLAN

Fit & Active List

0 Points on Purple Plan

- Liquid Eggs, 3 Tbsp
- Chicken Broth, 1 Cup
- Sugar Free Raspberry Preserves, 1 Tbsp
- Petite Diced Tomatoes, 1/2 Cup

1 Point on Purple Plan

- Light String Cheese, 1 Piece
- Lightly Salted Rice Cakes, 1 Cake
- Light Whipped Topping, 2 Tbsp
- Turkey Bacon, 1 Slice
- White Bread, 1 Slice
- Sugar Free Whipped Topping, 2 Tbsp
- Oven Roasted Turkey Breast Lunch Meat, 2 Ounces
- Grilled Chicken Bites, 3 Ounces
- Light Italian Dressing, 2 Tbsp

2 Points on Purple Plan

- Multigrain Bread, 45 Calories, 2 Slices
- Whole Wheat Whole Grain Bread, 2 Slices
- Original Flatbread, 1 Flatbread
- Caramel Corn Rice Cakes, 1 Cake
- Chunky Chicken Noodle Soup, 1 Cup
- Light Balsamic Vinaigrette, 2 Tbsp
- Italian Herb Flatbread, 1 Flatbread
- Multigrain Wraps, 1 Wrap
- Lean Turkey Kielbasa, 2 Ounces
- Condensed Cream of Mushroom Soup, 1/2 Cup
- Cream of Chicken Condensed Soup, 1/2 Cup
- Strawberry Fruit Strips, 1 Strip
- Cracked Black Pepper Turkey Breast Tenderloin, 4 Ounces
- Vanilla Greek Non Fat Yogurt, 1 Cup
- Smoked Honey Ham, 2 Ounces
- Chipotle Lime Vinaigrette, 2 Tbsp
- Raspberry Fruit Strips, 1 Strip
- Chocolate Rice Snacks, 7 Chips
- Reduced Fat Sharp Cheddar Cheese, 1 Slice
- Reduced Fat Colby Jack Cheese, 1 Slice
- Low Fat Devil's Food Cake Cookies, 1 Cookie
- Reduced Fat Provolone Cheese, 1 Slice
- Ranch Rice Snacks, 9 Items
- Light Mayonnaise, 1 Tbsp
- Whole Kernel Sweet Corn, 1/2 Cup

3 Points on Purple Plan

- Low Carb Tortillas, 1 Tortilla
- Reduced Fat Ranch Dressing, 2 Tbsp
- Low Fat Mexican Shredded Cheese, 1/4 Cups
- Lean Ground Turkey, 4 Ounces
- Low Fat Cream Cheese, 1 Ounces
- Hardwood Smoked Turkey Franks, 1 Link
- Smoked Almonds, 100 Calorie Packs, 1 Pack
- Tomato Garlic Onion Pasta Sauce, 1/2 Cup
- Traditional Pasta Sauce, 1/2 Cup
- Reduced Fat Cream Cheese, 2 Tbsp
- Crinkle Cut Fries, 16 Pieces
- Colby and Monterey Jack Cheese Sticks, 1 Stick

4 Points on Purple Plan

- Chocolate Wafer 100 Calorie Packs, 1 Pack
- Baked Chocolate Chip Wafers, 100 Calorie Packs, 1 Pack
- Cheddar Cheese Rice Cakes, 17 Pieces
- Vanilla Vitality Cereal, 3/4 Cups
- Chocolate Fudge Low Fat Ice Cream Bar, 1 Bar
- Whole Wheat Tortillas, 1 Tortilla
- Instant Brown Rice, 1/2 Cup
- 50 Calories Orange Juice Beverage, 8 Ounces
- Plain Nonfat Yogurt, 1 Cup
- Vanilla Nonfat Yogurt, 1 Cup
- Reduced Fat Wheat Crackers, 18 Crackers
- Whole Grain Waffles, 2 Waffles
- Butter Flavor Popcorn, 3 Tbsp Unpopped
- Turkey Meatballs, 6 Meatballs
- Sweet Italian Turkey Sausage, 1 Link
- Sour Cream and Onion Crisps, 1 Ounce
- Blue Corn Tortilla Chips, 7 Chips

5 Points on Purple Plan

- Caramel Rice Cakes, 16 Pieces
- Red Berries Vitality Cereal, 1 1/4 Cups
- Fat Free Tuna Salad with Wheat Crackers, 1 Package
- Orange Sherbet Ice Cream Bars, 1 Bar
- 100 Calorie Chocolate Dipped Pretzels, 1 Bag
- Strawberry Banana Fruit Bar, 1 Bar
- Chickenless Patties, 1 Patty
- Roasted Garlic Olive Oil Couscous, 1/3 Cup
- Whole Wheat Couscous, 1/3 Cup
- Precooked Whole Grain Brown Rice, 1/2 Cup

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www.MidlifeHealthyLiving.com

6 Points on Purple Plan

- Chocolate Chip Protein Meal Bars, 1 Bar
- Strawberry Fruit Grain Bars, 1 Bar
- Cookies and Cream Ice Cream Sandwich, 1 Sandwich
- Yolk Free Noodle Style Pasta, 1 Cup Dry
- Chickenless Tenders, 3 Tenders
- Whole Grain Rotini Pasta, 3/4 Cups

7 Points on Purple Plan

- Rosemary Olive Oil Quinoa Rice Blend, 1/3 Cup
- Multigrain Granola with Raisins, 2/3 Cups
- Chocolate Peanut Butter Protein Meal Bars, 1 Bar
- Caramel Nut Protein Bar, 1 Bar
- Strawberry Protein Meal Bar, 1 Bar
- Turkey Sausage Breakfast Sandwich, 1 Sandwich
- Spanish Quinoa Rice Blend, 1/3 Cup
- Milk Chocolate Weight Loss Shakes, 1 Shake

8 Points on Purple Plan

- Southwest Veggie Stuffed Sandwich, 1 Sandwich

9 Points or More On Purple Plan

- Roasted Turkey, Bacon, Cheese Pretzel Sandwich, 1 Sandwich, 9 Points
- Lean Stuffed Sandwiches, Pepperoni Pizza, 1 Sandwich, 11 Points
- 3 Cheese Spinach Pretzel Bread Stuffed Sandwich, 1 Sandwich, 9 Points
- Philly Cheesesteak Stuffed Sandwich, 1 Sandwich, 9 Points
- BBQ Chicken Pretzel Stuffed Sandwiches, 1 Sandwich, 10 Points
- Meatball Lean Stuffed Sandwiches, 1 Sandwich, 10 Points