

WEIGHT WATCHERS FOODS TO BUY FROM ALDI GREEN PLAN

Simply Nature List

0 Points on Purple Plan

- Organic Spring Mix, 3 Cups
- Unsweetened Applesauce, ½ Cup
- Organic Butternut Squash, ¾ Cup
- Chicken Bone Broth, 1 Cup
- Smoked Turkey Breast, 1 Slice
- Low Sodium Chicken Broth, 1 Cup

1 Point on Purple Plan

- Spinach Chicken Sausage, 1 Link
- Chicken Breakfast Sausage, 1 Link
- Tomato Ketchup, 1 Tbsp
- Peanut Butter Powder, 2 Tbsp
- Garlic Hummus, 2 Tbsp
- Thick and Chunky Salsa, 2 Tbsp
- Unsweetened Vanilla Almond Milk, 1 Cup
- Vegan French Fried Onions, 2 Tbsp
- Unsalted Rice Cakes, 1 Cake
- Seasoned Croutons, 2 Tbsp
- Roasted Seaweed Snacks, 1 Pack
- Pesto Chicken Sausage, 1 Link

2 Points on Purple Plan

- Sprouted 7 Grain Bread, 1 Slice
- Seeded Ancient Grain Bread, 1 Slice
- Marinara Pasta Sauce, ½ Cup
- Butternut Squash Soup, 1 Cup
- Chicken Noodle Soup, 1 Cup
- Large Brown Cage Free Eggs, 1 Egg
- Mild Sweet Italian Sausage, 1 Link
- Tomato Basil Pasta Sauce, ½ Cup
- Chia Seeds, 1 Tbsp
- Cane Sugar, 2 Tsp
- Red Pepper Hummus, 2 Tbsp
- Kidney Beans, ½ Cup
- Tomato Basil Mozzarella Chicken Sausage, 1 Link
- BBQ Seasoned Chicken Sausage, 1 Link
- Pizza Sauce, ¼ Cup
- Beef Jerky, 1 Ounces
- Roasted Garlic Pasta Sauce, ½ Cup

3 Points on Purple Plan

- Sea Salt Cauliflower Crackers, 44 Crackers
- Green Pea Crisps, 1 Ounce
- Black Beans, ½ Cup
- Part Skim Mozzarella Shredded Cheese, ¼ Cup
- Steamable Sweet Potatoes, ½ Cup
- Fat Free Milk, 1 Cup
- Oat Honey Bread, 1 Slice
- Strawberry Fruit Strips, 1 Strip
- Pinto Beans, ½ Cup
- Colby Jack Cheese, 1 Slice
- White Mild Cheddar Cheese, 1 Slice
- Mozzarella String Cheese, 1 Ounce
- Sweet Apple Chicken Sausage, 1 Link
- White Bread, 1 Slice
- Chocolate Peanut Butter Powder, 3 Tbsp
- Refried Black Beans, ½ Cup

4 Points on Purple Plan

- Kettle Popcorn Chips, 17 Chips
- Seasalt Popcorn, 3 ¾ Cups
- Cheddar Cauliflower Crackers, 44 Chips
- Yellow Corn Tortilla Chips, 10 Chips
- Chia Seeds, 2 Tbsp
- Muti Grain Tortilla Chips, 9 Chips
- Organic White Cheddar Puffs, 2 Cups
- Edamame Spaghetti, 2 Ounces, Dry
- Light Blue Agave, 1 Tbsp
- Black Bean Chips, 11 Chips
- Chipotle Ranch, 2 Tbsp
- Peppercorn Brown Rice Crackers, 13 Crackers
- White Bean Chips, 11 Chips
- Roasted Red Pepper Brown Rice Crackers, 1 Ounce
- Black Soybean Spaghetti, 2 Ounces, Dry
- Wildflower Honey, 1 Tbsp
- Lentil Soup, 1 Cup
- Broccoli Bites, 5 Pieces
- Chocolate Chip Granola Bars, 1 Bar
- Avocado Oil, 1 Tbsp
- Vanilla Soymilk, 1 Cup
- Mexican Cheese Blend, ¼ Cup
- Kettle Popcorn Chips, 17 Chips
- Medeterranian Olive Oil, 1 Tbsp
- Uncured Beef Hot Dogs, 1 Hot Dog
- Kale Veggie Burgers, 1 Burger
- Root Vegetable Fries, 17 Pieces
- Herbs and Spices Popcorn, 3 Cups

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www.MidlifeHealthyLiving.com

5 Points on Purple Plan

- Dark Chocolate Sea Salt Granola, ½ Cup
- Sweet Potato Chips, 14 Chips
- Oats and Flax Instant Oatmeal, 1 Packet
- Milled Flax Seed, 4 Tsp
- Quinoa, ¼ Cup
- Cranberry Cashew Granola, ¼ Cup
- 2% Milk, 1 Cup
- Quick Cook Brown Rice, ¼ Cup
- Plain Greek Yogurt, ⅔ Cup
- Shredded Wheat Cereal, 22 Pieces
- Spinach Kale Bites, 5 Pieces
- Oatmeal Pancake Mix, 1 ¾ Ounces
- Whole Wheat Pancake Mix, 1 ¾ Ounces
- Salted Caramel Cookie Bites, 2 Cookies
- Vegetable Chips, 16 Chips
- BBQ Quinoa Chips, 17 Chips

6 Points on Purple Plan

- Organic Whole Wheat Spaghetti, ½ Package, Dry
- Creamy Almond Butter, 2 Tbsp
- Creamy Peanut Butter, 2 Tbsp
- Poppyseed Dressing, 2 Tbsp
- Sweet Potato Bites, 5 Pieces
- Organic Linguini, 2 Ounces
- Southwest Fiesta Salad, 5 Ounces

7 Points on Purple Plan

- Quinoa Brown Rice, 1 Cup
- Seven Grains Blend, 1 Cup
- Lean Grass Fed Ground Beef, 4 Ounces
- Vanilla Whole Milk Yogurt, ⅔ Cups
- Whole Milk, 1 Cup

8 Points on Purple Plan

- Oats and Honey Granola, ½ Cup
- Cinnamon Raisin Granola Cereal, ½ Cup
- Mac and Cheese, ½ Package
- Red Split Lentils, ½ Cup, Dry

9 Points or More On Purple Plan

- Roasted Veggie Thin Crust Pizza, 1 Slice, 11 Points
- Spinach and Feta Thin Crust Pizza, 1 Slice, 11 Points
- Peanut Butter Energy Bars, 1 Bar, 9 Points