

# WEIGHT WATCHERS FOODS TO BUY FROM ALDI PURPLE PLAN

## *Fit & Active List*

### 0 Points on Purple Plan

- Liquid Egg Whites, 3 Tbsp
- Plain Non Fat Yogurt, 1 Cup
- Chicken Broth, 1 Cup
- Grilled Chicken Bites, 3 Ounces
- Sugar Free Raspberry Preserves, 1 Tbsp
- Strawberry Preserves, 1 Tbsp
- Apricot Preserves, 1 Tbsp
- Petite Diced Tomatoes, 1/2 Cup
- Whole Wheat Couscous, 1/3 Cup
- Whole Kernel Corn, 1/2 Cup
- Precooked Whole Grain Brown Rice, 1/2 Cup

### 1 Point on Purple Plan

- Light String Cheese, 1 Piece
- Lightly Salted Rice Cakes 1 Cake
- Light Whipped Topping, 2 Tbsp
- Reduced Fat Ranch Dressing, 2 Tbsp
- Whole Wheat Bread, 1 Slice
- Turkey Bacon, 1 Slice
- White Bread, 1 Slice
- Light Balsamic Vinaigrette, 2 Tbsp
- Oven Roasted Turkey Deli Meat, 2 Ounces
- Vanilla Cream 20 Calorie Bars With Fruit, 1 Bar
- Reduced Fat Italian Dressing, 2 Tbsp
- Light Mayonnaise, 1 Tbsp
- Assorted Fruit Snacks, 1 Pack

### 2 Points on Purple Plan

- Multigrain Bread, 2 Slices
- Original Flatbread, 1 Flatbread
- Caramel Corn Rice Cakes, 1 Cake
- Multigrain Flatbread with Flax, 1 Flatbread
- Multigrain Wraps, 1 Wrap
- Lean Turkey Polish Kielbasa, 2 Ounces
- Clancy's Rice Snacks, 8 Chips
- Condensed Cream of Mushroom Soup, 1/2 Cup
- Condensed Cream of Chicken Soup, 1/2 Cup
- Strawberry Fruit Strips, 1 Strip
- Cracked Pepper Turkey Breast Tenderloin, 2 Ounces
- Vanilla Greek Yogurt, Non Fat, 1 Container
- Smoked Honey Ham, 2 Ounces
- Chocolate Rice Snacks, 7 Chips
- Light Cucumber Ranch Dressing, 2 Tbsp
- Reduced Fat Sharp Cheddar Cheese, 1 Slice
- Vegetable Beef Homestyle Soup, 1 Cup
- Low Fat Devil's Food Cookie Cakes, 1 Cookie
- Reduced Fat Colby Jack Cheese, 1 Slice

- Reduced Fat Provolone Cheese, 1 Slice
- Ranch Rice Snacks, 9 Chips

### 3 Points on Purple Plan

- Low Carb Tortillas, 1 Tortilla
- Wheat Bread, 2 Slices
- 2% Milk Mexican Shredded Cheese, 1/4 Cup
- Whole Wheat Tortillas, 1 Tortilla
- 50 Calorie Orange Juice Beverage, 1 Cup
- Lean Ground Turkey, 4 Ounces
- Light Cream Cheese, 1 Ounce
- Chunky Chicken Noodle Soup, 1 Cup
- Vegetable Homestyle Soup, 1 Cup
- Lite Fruit Cocktail, 1/2 Cup
- Black Cherry Greek Strained Yogurt, 1 Container
- Microwave Popcorn, 1 Bag
- Hardwood Smoked Turkey Franks, 1 Link
- 100 Calorie Packs Smoked Almonds, 1 Pack
- Tomato & Onion Pasta Sauce, 1/2 Cup
- Traditional Pasta Sauce, 1/2 Cup
- Blueberry Yogurt Vitality Cereal Bar, 1 Bar
- Reduced Fat Sharp Cheddar Cheese, 1 Ounce
- 100 Calorie Packs Baked Cheddar Crackers, 1 Pack
- Crinkle Cut Fries, 16 Fries
- Strawberry Vitality Cereal Bars, 1 Bar
- Reduced Fat Marbled Cheese Sticks, 1 Stick

### 4 Points on Purple Plan

- 100 Calorie Baked Chocolate Wafer Snacks, 1 Pack
- 100 Calorie Baked Chocolate Chip Snacks, 1 Pack
- Cheddar Rice Snacks, 17 Pieces
- Vanilla Almond Vitality Cereal Bars, 1 Bar
- Chocolate Fudge Low Fat Ice Cream Bar, 1 Bar
- Whole Wheat Tortillas, 1 Tortilla
- Caramel Rice Snacks, 15 Pieces
- Vanilla Non Fat Yogurt, 1 Container
- Reduced Fat Whole Wheat Crackers, 18 Pieces
- Whole Grain Waffles, 2 Waffles
- Turkey Meatballs, 6 Meatballs
- Sour Cream and Onion Cracker Crisps, 1 Ounce
- Strawberry Cheesecake Non Fat Yogurt, 1 Container
- Key Lime Pie Non Fat Yogurt, 1 Container
- Chicken Cacciatore, 1 Package
- Chocolate Pretzel Vitality Cereal Bars, 1 Bar
- Blue Corn Tortilla Chips, 7 Chips
- Smores Drizzles Mini Crisps, 1 Package
- Cherry Greek Yogurt Smoothie Bar, 1 Bar
- Zesty Tomato Crackers, 1 Ounce

*This item is for personal use only. Not endorsed by or associated with myWW. Learn More at*

[www.MidlifeHealthyLiving.com](http://www.MidlifeHealthyLiving.com)

## 5 Points on Purple Plan

- Unsalted Almonds, 1/4 Cup
- Chickenless Patties, 1 Patty
- Chicken Parmesan, 8 Ounces
- Wildberry Sorbet Low Fat Ice Cream Bars, 1 Bar
- Roasted Garlic and Olive Oil Couscous, 1/3 Cup
- Honey Nut Granola, 1 Pouch
- 100 Calorie Packs, Dipped Pretzels, 1 Pouch
- Strawberry Banana Fruit Bar, 1 Bar
- Unsalted Dry Roasted Peanuts, 40 Pieces
- Fat Free Tuna Salad Wheat Crackers, 1 Package

## 6 Points on Purple Plan

- Protein Meal Bars, Chocolate Chip, 1 Bar
- Strawberry Fruit and Grain Bars, 1 Bar
- Orange Sorbet Ice Cream Bar, 1 Bar
- Cookies and Cream Ice Cream Sandwich, 1 Sandwich
- Vanilla Non Fat Yogurt, 1 Cup
- Yolk Free Noodle Style Pasta, 1 Cup Dry
- Chickenless Tenders, 3 Strips
- Cranberry Walnut Protein Bars, 1 Bar
- Chicken Parmesan, 1 Package
- Whole Grain Rotini Pasta, 3/4 Cups
- Chocolate Drizzled Multigrain Crisps, 1 Ounce

## 7 Points on Purple Plan

- Strawberry Crisps, 3 Crisps
- Wildberry Fruit Crisps, 3 Crisps
- Raisin Apple Fruit Crisps, 3 Crisps
- Maple French Toast Granola, 1/2 Cup
- Milk Chocolate Weight Loss Shake, 1 Shake
- Spanish Quinoa Rice Blend, 1/3 Cup
- Chicken Romano Fresca, 1 Package
- Vanilla Granola Clusters, 1 Package
- Multigrain Granola, 5/8 Cup
- Strawberry Protein Meal Bar, 1 Bar
- Caramel Nut Protein Bar, 1 Bar
- Chocolate Peanut Butter Protein Meal Bars, 1 Bar

## 8 Points on Purple Plan

- Vitality Cereal with Fruit and Yogurt, 1 Cup
- Southwest Veggie Stuffed Sandwich, 1 Sandwich
- Apple Cinnamon Low Fat Granola, 1/2 Cup
- Pumpkin Squash Ravioli Entree, 1 Package

## 9 Points or More On Purple Plan

- Lunch Kit, Turkey and Cheese or Ham and Cheese, 1 Pack, 11 Points
- Sesame Lo Mein, 1 Package, 11 Points
- Cranberry Chicken Quinoa, 1 Pack, 9 Points
- Meatball Lean Stuffed Sandwiches, 1 Sandwich, 10 Points
- Lean Stuffed Sandwiches Philly Cheesesteak, 9 Points
- Stuffed Sandwiches BBQ Chicken, 1 Sandwich, 10 Points
- Three Cheese Spinach Pretzel Stuffed Sandwiches, 1 Sandwich, 9 Points
- Lean Stuffed Sandwiches Pepperoni Pizza, 1 Sandwich, 11 Points