

# WEIGHT WATCHERS FOODS TO BUY FROM ALDI PURPLE PLAN

*Simply Nature List*

## 0 Points on Purple Plan

- Spring Mix, 3 Cups
- Edamame Spaghetti, 2 Ounces
- Black Beans, 1/2 Cups
- Steamable Sweet Potatoes, 1/2 Cup
- Butternut Squash, 2/3 Cups
- Quinoa, 1/4 Cup
- Soybean Spaghetti, 2 Ounces
- Grilled Chicken Breast Strips, 3 Strips
- Pinto Beans, 1/2 Cup
- Quick Cook Brown Rice, 1/4 Cup
- Smoked Turkey Breast, 1 Slice
- Oven Roasted Turkey Breast, 1 Slice
- Kidney Beans, 1/2 Cup
- Mild Salsa, 1 Tbsp
- Chicken Broth, 1 Cup
- Red Lentil Rotini, 3 Ounces
- Chickpea Green Lentil Pasta, 3 Ounces
- Thick and Chunky Mild Salsa, 2 Tbsp
- Roasted Turkey Breast, 2 Ounces
- Unsweetened Applesauce, 1 Container
- Berry Applesauce, No Sugar Added, 1 Container
- Red Split Lentils, 1/2 Cup
- Refried Black Beans, 1/2 Cup
- Intercontinental Super Grains, 1/4 Cup
- Rainbow Quinoa, 1/4 Cup
- Oven Roasted Turkey Breast, 2 Ounces
- Low Sodium Free Range Chicken Broth, 1 Cup

## 1 Point on Purple Plan

- Spinach Chicken Sausage, 1 Link
- Chicken Noodle Soup, 1 Cup
- Chicken Breakfast Sausage, 1 Link
- Tomato Ketchup, 1 Tbsp
- Garlic Hummus, 2 Tbsp
- Peanut Butter Powder, 2 Tbsp
- Thick & Chunky Medium Salsa, 2 Tbsp
- Unsweetened Vanilla Almond Milk, 1 Cup
- Vegan French Fried Onions, 2 Tbsp
- Unsalted Rice Cakes, 1 Cake
- Lentil Soup, 1 Cup
- Organic Seasoned Croutons, 2 Tbsp
- Fair Trade Cane Sugar, 1 Tsp
- Vanilla Unsweetened Almond Milk, 1 Cup
- Roasted Seaweed Snacks, 1 Package
- Pesto Chicken Sausage, 1 Link
- Black Bean Corn Salsa, 2 Tbsp
- Pineapple Peach Salsa, 2 Tbsp

## 2 Points on Purple Plan

- Roasted Garlic Pasta Sauce, 1/2 Cup
- Chocolate Peanut Butter Powder, 3 Tbsp
- Unsweetened Almond Milk, 1 Cup
- Beef Jerky, 1 Ounce
- Sweet Italian Chicken Sausage, 1 Link
- Organic Pizza Sauce, 1/4 Cup
- Peanut Butter Powder, 3 Tbsp
- Tomato Basil Chicken Sausage, 1 Link
- French Vanilla Creamer, 2 Tbsp
- BBQ Seasoned Chicken Sausage, 1 Link
- Green Chile Chicken Sausage, 1 Link
- Light Brown Sugar, 2 Tsp
- Classic Hummus, 2 Tbsp
- Marinara Premium Pasta Sauce, 1/2 Cup
- Red Pepper Hummus, 2 Tbsp

## 3 Points on Purple Plan

- Everything Pretzel Slims, 1 Ounce
- Banana Twisted Fruit Rope, 1 Item
- Pumpkin Cranberry Chia Bars, 1 Bar
- Original Pretzel Slims, 1 Ounce
- Chunky Strawberry Fruit Bar, 1 Bar
- Raspberry Lemonade Fruit Rope, 1 Item
- Roasted Red Pepper Dressing, 2 Tbsp
- Organic White Bread, 1 Slice
- Southwest Fiesta Salad, 5 Ounces
- Toasted Whole Grain Oat Cereal, 1 Cup
- Sprouted 7 Grain Wraps, 1 Wrap
- 100% Whole Wheat Bread, 1 Slice
- Mozzarella String Cheese, 1 Item
- Blueberry Applesauce, Unsweetened, 1 Cup
- Coconut Spread, 1 Tbsp
- Shredded Mozzarella Cheese, 1/4 Cup
- Soy Milk, 1 Cup
- White Mild Cheddar Cheese, 1 Slice
- Colby Jack Cheese, 1 Slice
- Skim Milk, 1 Cup
- Strawberry Fruit Strips, 1 Strip
- Shredded Part Skim Mozzarella, 1/4 Cup

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

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

## 4 Points on Purple Plan

- Salt and Vinegar Quinoa Chips, 17 Chips
- BBQ Popped Chips, 26 Chips
- Blue Corn Tortilla Dippers, 10 Chips
- Sprouted 7 Grain Bread, 2 Slices
- Black Bean Habanero Chips, 1 Ounce
- Dark Chocolate Cherry Chia Bars, 1 Bar
- Everything Crackers, Garlic and Onion, 1 Ounce
- Garden Salsa Brown Rice Crisps, 9 Chips
- Purple Corn White Cheddar Cheese Pop Crisps, 25 Crisps
- Dill Lentil Chips, 31 Chips
- Herbs and Spices Popcorn, 3 Cups
- Ancient Grain Tortilla Chips, 1 Ounce
- Multigrain Crackers Whole Wheat Quinoa, 1 Ounce
- Oat So Healthy Oat Bread, 1 Slice
- Chia Seeds, 2 Tbsp
- Extra Virgin Olive Oil, 1 Tbsp
- Root Vegetable Fries, 17 Fries
- Kale Veggie Burgers, 1 Burger
- Uncured Beef Hot Dogs, 1 Hot Dog
- Cauliflower Chips, 1 Ounce
- Kettle Popcorn Chips, 17 Chips
- Light Agave Nectar, 1 Tbsp
- Mexican Cheese Blend, 1/4 Cup
- Avocado Oil, 1 Tbsp
- Broccoli Bites, 5 Bites
- Wildflower Honey, 1 Tbsp

## 5 Points on Purple Plan

- Potato Corn Tortilla Chips, 9 Chips
- Superfruits NonFat Greek Yogurt, 1 Container
- Creamy Banana Fruit Bar, 1 Bar
- Chocolate Teddy Bear Graham Snacks, 1 Package
- Chocolate Macaroon Granola, 1 Cup
- BBQ Quinoa Chips, 17 Chips
- Pumpkin Seed Tortilla Chips, 9 Chips
- Vegetable Chips, 16 Chips
- Whole Wheat Fusilli Salad, 4 Ounces
- White Rice, Uncooked 1/4 Cup
- Roasted Whole Flax Seeds, 3 Tbsp
- White Cheddar Popcorn, 3 3/4 Cups
- Sea Salt and Black Pepper Popcorn, 3 1/2 Cups
- Maple Toffee Instant Oatmeal, 1 Packet
- Salted Caramel Cookie Bites, 2 Cookies
- Oatmeal Pancake Mix, 1 3/4 Ounces
- Whole Wheat Pancake Mix, 1 3/4 Ounces
- Plain Whole Milk Yogurt, 3/4 Cups
- Spinach / Kale Bites, 5 Pieces
- 2% Milk, 1 Cup
- Tomato Basil Soup, 1 Cup
- White Cheddar Puffs, 1 1/2 Cups

## 6 Points on Purple Plan

- Maple Glazed Pecan Sea Salt Nut Bars, 1 Bar
- Creamy Peanut Butter with Honey, 2 Tbsp
- Oat Cookies with Milk Chocolate, 2 Cookies
- Creamy Peanut Butter, 2 Tbsp
- Cinnamon Instant Oatmeal, 1 Package
- Sweet Potato Bites, 5 Bites
- Almond Butter, 2 Tbsp

## 7 Points on Purple Plan

- Chocolate Mocha Almond Bar, 1 Bar
- Chocolate Cinnamon Pecan Nut Bar, 1 Bar
- Orzo Rustica Salad, 4 ounces
- Creamy Cashew Butter, 2 Tbsp
- Vanilla Bean Organic Greek Yogurt, 2/3 Cup
- Plain Whole Milk Yogurt, 1 Cup
- Unrefined Coconut Oil, 1 Tbsp
- Grass Fed Ground Beef, 4 Ounces
- Whole Milk, 1 Cup

## 8 Points on Purple Plan

- Tropical Mango Passion Granola Cereal, 2/3 Cup
- Apple Walnut Granola Cereal, 2/3 Cup
- Shells and White Cheddar, 1/2 Package
- Cinnamon Raisin Granola, 1/2 Cup
- Macaroni and Cheese, 1/2 Package

## 9 Points or More On Purple Plan

- Southwestern Fresca, 1 Package, 10 Points
- Crunchy Peanut Butter Bars, 1 Bar, 9 Points
- White Chocolate Macadamia Nut Bars, 1 Bar, 10 Points
- Spinach and Feta Thin Crust Pizza, 1 Slice, 11 Points