

# THE BEST SALAD DRESSINGS FOR WEIGHT WATCHERS

*All Three Plans!*

## Green Plan Dressings

- Skinny Girl Fat Free, Sugar Free Dressings, 2 Tbsp, 0 Points
- Fat Free Italian Salad Dressing 2 Tbsp, 1 Point
- Olive Garden Light Italian Dressing, 2 Tbsp, 1 Point
- Low Fat Balsamic Dressing, 1 Tbsp, 1 Point
- Healthy Choice Power Dressing, Ranch, 2 Tbsp, 2 Points
- Mayonnaise Style Dressing For Salads, 2 Tbsp, 3 Points
- Ken's Steakhouse Lite Honey Mustard Dressing, 2 Tbsp, 4 Points
- Store Bought Ranch Dressing, 2 Tbsp, 5 Points
- Blue Cheese Salad Dressing, 2 Tbsp, 5 Points
- Thousand Island Dressing, 2 Tbsp, 5 Points

## Blue Plan Dressings

- Skinny Girl Fat Free, Sugar Free Dressings, 2 Tbsp, 0 Points
- Hidden Valley Ranch Salad Dressing Mix, 1/4 Tsp, 0 Points
- Fat Free Italian Dressing, 2 Tbsp, 1 Point
- Low Fat Balsamic Dressing, 2 Tbsp, 1 Point
- Healthy Choice Greener Goodness Power Dressing, 2 Tbsp, 1 Point
- Reduced Fat Italian Dressing, 2 Tbsp, 2 Points
- Healthy Choice Power Dressing, Ranch, 2 Tbsp, 2 Points
- Ken's Steak House Lite Caesar Dressing, 2 Tbsp, 3 Points
- Ken's Steak House Lite Honey Mustard, 2 Tbsp, 4 Points
- Caesar Dressing, 2 Tbsp, 6 Points

## Purple Plan Dressings

- Skinny Girl Fat Free Sugar Free Dressing, 2 Tbsp, 0 Points
- Healthy Choice Power Dressing, Greener Goodness, 2 Tbsp, 1 Point
- Fat Free Ranch Dressing, 2 Tbsp, 1 Point
- Olive Garden Lite Italian Dressing, 2 Tbsp, 1 Point
- Healthy Choice Power Dressing, Ranch, 2 Tbsp, 2 Points
- Tahini Dressing, 2 Tbsp, 2 Points
- Lite Italian Store Bought Dressing, 2 Tbsp, 2 Points
- Ken's Steak House Lite Caesar Dressing, 2 Tbsp, 3 Points
- Lite Honey Mustard Dressing, 2 Tbsp, 4 Points
- Blue Cheese Salad Dressing, 2 Tbsp, 5 Points

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

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