

Weight Watchers Food To Buy From Walmart

Serving size and points per serving on the Weight Watchers Points program listed below! All of these items are the Great Value brand name from Walmart!

Get more brand and store shopping lists from www.midlifehealthyliving.com

Protein, Meat, and Egg Products to Add to Your Shopping Lists:

- Great Value Premium Honey Smoked Turkey Breast (4 Slices) | 3 Points
- Great Value Thin Sliced Honey Ham (5 Slices) | 2 Points
- Great Value Grilled Chicken Breast Fillet with Rib Meat (1 Filet) | 2 Points
- Great Value Black Forest Thin Sliced Ham (5 Slices) | 1 Point
- Great Value 98% Fat Free Mesquite Smoked Turkey (4 Slices) | 1 Point
- Great Value Rotisserie Seasoned Chicken Breast (4 Slices) | 1 Point
- Great Value Turkey Bacon (1 Slice) | 1 Point
- Great Value Chipotle Chicken Breast (4 Slices) | 1 Point
- Great Value Thin Sliced Roast Beef (6 Slices) | 1 Point
- Great Value Sweet & Spicy Chunk Light Tuna (1 Pouch) | 2 Points
- Great Value Real Bacon Pieces (1 Tbsp) | 1 Point
- Hormel Applewood Smoked Real Bacon Crumbles (1 Tbsp) | 0 Points
- Great Value Grade A, Large White Eggs (1 Egg) | 0 Points
- Great Value Chunk Chicken Breast (2 Oz) | 0 Points
- Great Value 97% Fat Free Cooked Ham (1 Slice) | 1 Point
- Great Value Original Liquid Eggs (1/4 Cup) | 0 Points
- Great Value Chicken Breasts (4 oz) | 0 Points
- Great Value Chicken Breast Tenderloins (4 Oz) | 0 Points
- Great Value Salmon Filets (1 Filet) | 0 Points
- Great Value Shrimp, Extra Small, Peeled, Tail Off (23 Pieces) | 0 Points
- Great Value Premium, Wild Caught, Chunk Light, Tuna in Water (1/4 Cup) | 0 Points

Toppings, Mixes, Dressings, and More:

- Great Value Light Ranch Dressing (2 Tbsp) | 3 Points
- Great Value Real Mayonnaise (1 Tbsp) | 4 Points
- Great Value Plain Panko Bread Crumbs (1/2 Cup) | 3 Points
- Great Value Traditional Pasta Sauce (1/2 Cup) | 2 Points
- Great Value Light Raspberry Vinaigrette Dressing (2 Tbsp) | 2 Points
- Great Value Zesty Italian Dressing & Marinade (2 Tbsp) | 2 Points
- Great Value Spiced Apple Butter (1 Tbsp) | 2 Points

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- Great Value Fat Free Italian Dressing (2 Tbsp) | 1 Point
- Great Value 100% Parmesan Cheese, Grated (1 Tbsp) | 1 Point
- Great Value Bread and Butter Pickle Chips (1 Oz) | 1 Point
- Great Value Minced Pimiento Stuffed Olives (5 Pieces) | 1 Point
- Great Value French Fried Onions (1 1/2 Tbsp) | 1 Point
- Great Value Peach Pineapple Chipotle Salsa (2 Tbsp) | 1 Point
- Great Value Taco Seasoning Mix (1 Tsp) | 0 Points
- Great Value Dijon Mustard (1 Tsp) | 0 Points
- Great Value No Stick Cooking Spray, Olive Oil (1 Spray) | 0 Points
- Great Value Broth, Chicken (1 Cup) | 0 Points
- Great Value Hot Dog Chili Sauce (1 Tbsp) | 0 Points
- Great Value Soup & Dip Mix, Onion (1 Tbsp) | 1 Point
- Great Value Tomato Sauce (1/4 Cup) | 0 Points
- Great Value Fire Roasted Diced Tomatoes (1/2 Cup) | 0 Points
- Great Value Mild Chunky Salsa (1/2 Cup) | 0 Points

Bread Items to Buy from Walmart for Weight Watchers:

- Great Value Hamburger Buns (1 Bun) | 3 Points
- Great Value Original English Muffins (1 Muffin) | 4 Points
- Great Value 100% Whole Wheat Hot Dog Bun (1 Bun) | 3 Points
- Great Value 9 Grain Bread (1 Slice) | 3 Points
- Great Value Reduced Fat Crescent Rolls (1 Serving) | 4 Points
- Great Value Buttermilk Biscuits (2 Biscuits) | 3 Points
- Great Value Whole Wheat & Honey Bread (1 Slice) | 3 Points
- Great Value Enriched Sandwich Bread (1 Slice) | 3 Points
- Great Value 40 Calories Per Slice Wheat Bread (2 Slices) | 2 Points
- Great Value 100% Whole Wheat Bread (1 Slice) | 1 Point

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Snacks to Buy for Weight Watchers:

- Great Value Woven Square Crackers (6 Crackers) | 3 Points
- Great Value Soup & Oyster Crackers (37 Crackers) | 2 Points
- Great Value Saltine Crackers (5 Crackers) | 2 Points
- Great Value Multigrain Crackers (4 Crackers) | 2 Points
- Great Value Original Beef Jerky (1 Oz) | 2 Points
- Great Value Marshmallow Creme (2 Tbsp) | 3 Points
- Great Value Teriyaki Beef Jerky (1 Oz) | 2 Points
- Great Value Sugar Free Instant Pudding, Chocolate (1/4 Package) | 1 Point
- Great Value Fat Free Pretzel Sticks (1 Serving) | 3 Points
- Great Value Hot Cocoa Mix (1 Packet) | 4 Points

Breakfast Items to Buy From Walmart for Weight Watchers:

- Great Value Breakfast Patties, Turkey (1 Patty) | 4 Points
- Great Value Sugar Free Instant Oatmeal (1 Packet) | 2 Points
- Great Value Instant Grits Butter Flavor (1 Packet) | 3 Points
- Great Value Corn Flakes Cereal (1 Cup) | 4 Points
- Great Value Hickory Smoked Fully Cooked Bacon (3 Slices) | 2 Points
- Great Value Natural Hardwood Smoked Bacon, Center Cut (2 Slices) | 2 Points
- Great Value Natural Hardwood Smoked Bacon, Thick Cut (1 Slice) | 2 Points
- Great Value Toasted Rice Cereal (1 Cup) | 4 Points
- Great Value Homestyle Biscuits (1 Biscuit) | 3 Points
- Great Value Southern Style Hashbrowns (3 Oz) | 1 Point

Sides, Frozen Items, Etc. To Buy For Weight Watchers From Walmart:

- Great Value Steak Fries (3 Oz) | 3 Points
- Great Value Chicken Flavored Stuffing Mix (1 Oz) | 4 Points
- Great Value Sliced New Potatoes (1 Serving) | 1 Point
- Great Value Fat Free Refried Beans (1/2 Cup) | 0 Points

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Fruits, Sweetener, and Other Canned Items:

- Great Value Sliced Peaches, Extra Light Syrup (1/2 Cup) | 3 Points
- Great Value Apple Pie Filling (1/3 Cup) | 1 Point
- Great Value No Sugar Added Cherry Pie Filling (3 Oz) | 1 Point
- Great Value Sugar Free Strawberry Preserves (1 Tbsp) | 1 Point
- Great Value Chocolate Syrup, Sugar Free (2 Tbsp) | 0 Points
- Great Value Stevia (1 Tsp) | 0 Points
- Great Value Unsweetened Applesauce (1/2 Cups) | 0 Points
- Great Value Fruit Cocktail (1/2 Cup) | 2 Points
- Great Value Frozen Fruit & Frozen Fruit Blends (1 Cup) | 0 Points
- Great Value Soup, Condensed, Cream of Chicken (1/2 Cup) | 2 Points
- Great Value Soup, Condensed, Cream of Mushroom (1/2 Cup) | 2 Points
- Great Value Soup, Condensed, Chicken Noodle (1/2 Cup) | 2 Points

Dairy Products To Buy From Walmart for Weight Watchers

- Great Value Fat Free 0% Milk (1 Cup) | 3 Points
- Great Value Low Moisture, Part Skim, Mozzarella String Cheese (1 Stick) | 3 Points
- Great Value Cheese, Shredded, Mozzarella (1/4 Cup) | 3 Points
- Great Value Cheddar Sliced Cheese (1 Slice) | 4 Points
- Great Value Cheese, Shredded, Parmesan (1/3 Cup) | 4 Points
- Great Value Deli Style Sliced Cheese, Swiss (1 Slice) | 3 Points
- Great Value Yogurt, Light, Nonfat (6 Oz) | 3 Points
- Great Value Light Cream Cheese Spread (1 Oz) | 3 Points
- Great Value Milk, Lactose Free, Fat Free (1 Cup) | 3 Points
- Great Value Cream Cheese Spread, Whipped (2 Tbsp) | 3 Points
- Great Value Cottage Cheese, Small Curd (1/2 Cup) | 4 Points
- Great Value White American Cheese (1 Slice) | 3 Points
- Great Value Cottage Cheese, Low Fat (1/2 Cup) | 2 Points
- Great Value French Vanilla Liquid Coffee Creamer (1 Tbsp) | 1 Point
- Great Value Heavy Whipping Cream (1 Tbsp) | 3 Points
- Great Value Light Flavored Greek Nonfat Yogurt (1 Container) | 2 Points
- Great Value Deluxe Low Fat American Cheese (1 Slice) | 2 Points

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- Great Value Cottage Cheese, Low Fat (1/2 Cup) | 2 Points
- Great Value Deli Sliced Provolone Cheese (1 Slice) | 3 Points
- Great Value Cinnamon Vanilla Coffee Creamer (1 Tbsp) | 2 Points
- Great Value Original Almond Milk (1 Cup) | 1 Point
- Great Value Pasteurized Process Cheese, Fat Free Singles (1 Slice) | 1 Point
- Great Value Half and Half, Fat Free (2 Tbsp) | 1 Point
- Great Value Original Unsweetened Almond Milk (1 Cup) | 1 Point
- Great Value Fat Free Cream Cheese (1 oz) | 1 Point
- Great Value Whipped Topping (3 Tbsp) | 1 Point
- Great Value Sugar Free French Vanilla Powder Creamer (3 Tsp) | 1 Point
- Great Value Evaporated Fat Free Milk (1 Oz) | 1 Point
- Great Value Plain Nonfat Yogurt (1 Cup) | 3 Points
- Great Value Plain Nonfat Greek Yogurt (1 Cup) | 3 Points
- Great Value Non-Dairy Powder Coffee Creamer (1 Tsp) | 0 Points