

Weight Watchers Food To Buy From Target

Serving size and points per serving on the Weight Watchers Points program listed below! All of these items are the Market Pantry brand name from Target!

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

Dairy Products:

- Fat Free Original Non Dairy Creamer | 1 Tsp | 1 Point
- Light Mozzarella String Cheese | 1 Stick | 2 Points
- Fat Free Half and Half | 2 Tbsp | 1 Point
- Fat Free Sour Cream | 2 Tbsp | 1 Point
- Reduced Fat Deli Style Provolone Cheese | 1 Slice | 2 Points
- Reduced Fat Part Skim Mozzarella Shredded Cheese | ¼ Cup | 3 Points
- 1% Small Curd Cottage Cheese | ½ Cup | 2 Points
- Reduced Fat Colby Jack Cheese Bars | 1 Bar | 3 Points
- Swiss Cheese Slices | 1 Slice | 3 Points
- Light Sour Cream | 2 Tbsp | 2 Points
- Fat Free Small Curd Cottage Cheese | ½ Cup | 1 Point
- Reduced Fat Sharp Cheddar Cheese | ¼ Cup | 4 Points
- Light Plain Cream Cheese | 2 Tbsp | 3 Points
- Pepper Jack Cheese Sticks | 1 Stick | 4 Points
- Low Fat Milk 1% | 1 Cup | 3 Points

Sauces, Canned, Jarred, Wrapped Items:

- Fat Free Traditional Refried Beans ½ Cup | 0 Points
- Mild Chunky Salsa | 2 Tbsp | 0 Points
- Light Homestyle Vegetable Noodle Soup | 1 Cup | 0 Points
- Light Mayonnaise | 1 Tbsp | 1 Point
- Fat Free Zesty Italian Dressing | 2 Tbsp | 1 Point
- Light Homestyle Italian Vegetable Soup | 1 Cup | 0 Points
- Beef Gravy | ¼ Cup | 1 Point
- Chunky Chicken and Sausage Gumbo | 1 Cup | 3 Points
- Reduced Sodium New England Clam Chowder | 1 Cup

Grains, Pasta, Bread, Etc:

- Enriched White Bread | 1 Slice | 3 Points
- Original Saltine Crackers | 5 Crackers | 2 Points
- Original English Muffins | 1 Muffin | 3 Points

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- All Natural Old Fashioned Oats | ½ Cup | 3 Points
- Quick Oats | ½ Cup | 3 Points
- White Hamburger Bun | 1 Bun | 4 Points
- 6 Inch Corn Tortilla | 2 Tortillas | 4 Points
- 8 Inch Whole Wheat Tortilla | 1 Piece | 4 Points
- Tri Color Rotini Pasta | ¾ Cup | 6 Points
- Pre Sliced Everything Bagels | 1 Bagel | 6 Points
- Whole Wheat Macaroni | ¾ Cup Dry | 0 Points
- Pumpkin Waffles | 2 Waffles | 7 Points

Snacks:

- Frozen Fruit | 1 Cup | 0 Points
- No Sugar Added Fruit Cups | 1 Cup | 0 Points
- Sugar Free Syrup | ¼ Cup | 1 Point
- Soup and Oyster Crackers | 36 Crackers | 2 Points
- 100 Calorie Packs Baked Cheese Crisps | 1 Pouch | 3 Points
- Orange Cream Bar | 1 Bar | 4 Points
- Vanilla Flavored Mini Ice Cream Sandwich | 1 Sandwich | 5 Points
- Tropical Fruit Snacks | 1 Pouch | 5 Points
- Yellow Kernel Popping Corn | 3 Tbsp Unpopped | 2 Points
- Thin Cut Fries | 40 Pieces | 5 Points
- Peanut Butter Filled Pretzels | 10 Pretzel Bites | 4 Points
- Peach Ring Gummy Candy | 5 Pieces | 7 Points
- Peanut Butter Sandwich Crackers | 6 Pieces | 6 Points
- Vanilla Wafer Cookies | 8 Cookies | 6 Points
- Mixed Nuts | 30 Pieces | 5 Points
- Cookies, Chocolate Chip, Crispy | 3 Cookies | 8 Points

Produce Items:

- Frozen Vegetables | ⅔ Cup | 1 Point

Meat and Protein Options:

- Eggs | 1 Egg | 0 Points

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- Cooked Shrimp | 1 Serving | 0 Points
- Oven Roasted Turkey Breast Slices | 2 Oz | 1 Point
- Black Forest Ham Deli Slices | 2 Oz | 1 Point
- Turkey Sausage Snack Sticks | 1 Stick | 1 Point
- 97% Fat Free Cooked Ham | 1 Slice | 1 Point
- Honey Ham, Ultra Thin Deli Slices | 2 Oz | 2 Points
- Turkey Jerky | 1 Oz | 2 Points
- 4 Cheese and Herb Seasoned Boneless Skinless Chicken Breast | 4 Oz | 4 Points
- 93% Lean Ground Beef Patties | 4 Oz | 4 Points
- Lean Turkey Meatballs Fully Cooked | 6 Meatballs | 4 Points
- Lean Ground Beef | 4 Oz | 4 Points
- Summer Sausage Beef | 2 Oz | 8 Points

Breakfast Items:

- Shredded Hash Browns | ½ Cup | 2 Points
- Fully Cooked, Hardwood Smoked, Bacon | 4 Slices | 4 Points
- Crunchy Oats and Honey Granola Bars | 2 Bars | 7 Points
- Canadian Bacon Sandwiches | 1 Sandwich | 7 Points
- Frosted Brown Sugar Cinnamon Toaster Pastries | 1 Pastry | 9 Points
- Light Turkey Sausage Sandwiches | 1 Sandwich | 8 Points

Drinks:

- Holiday Egg Nog | ½ Cup | 8 Points