

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 Simply Balanced brand name from Target!

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

Dairy Products:

- Unsweetened Almond Milk | 1 Cup | 1 Point
- Fat Free Organic Skim Milk | 1 Cup | 3 Points
- Vanilla Almond Milk | 1 Cup | 4 Points
- Vanilla Greek Yogurt | ¼ Container | 5 Points
- Fruit on the Bottom Strawberry Greek Yogurt | 1 Container | 4 Points
- Organic 2% Reduced Fat Milk | 1 Cup | 5 Points

Sauces, Canned, Jarred, Wrapped Items:

- Organic Pizza Sauce | ¼ Cup | 1 Point
- Chicken Wild Rice Soup | 1 Cup | 1 Point
- Butternut Squash Soup | 1 Cup | 2 Points
- Rustic Bean and Vegetable Soup | 1 Cup | 1 Point
- Garlic Marinara Pasta Sauce | ½ Cup | 2 Points
- Tomato Basil Pasta Sauce | ½ Cup | 2 Points
- Roasted Vegetable Pasta Sauce | ½ Cup | 2 Points
- Thai Style Chicken Curry Soup | 1 Cup | 4 Points
- Organic Tomato Basil Soup | 1 Cup | 3 Points
- Southwestern Style Black Bean Soup | 1 Cup | 2 Points

Grains, Pasta, Bread, Etc:

- Organic Quinoa | ¼ Cup | 0 points
- Organic Steel Cut Oats | ¼ Cup Dry | 3 Points
- Heat and Serve Garlic and Olive Oil Quinoa | ¾ Cup | 7 Points

Snacks:

- Fruit Strips | 1 Strip | 2 Points
- Freeze Dried Green Peas | ¾ Cup | 0 Points
- Organic Traditional Hummus | 2 Tbsp | 2 Points
- Organic Roasted Red Pepper Hummus | 2 Tbsp | 2 Points
- Chicken Tortilla Soup | 1 Cup | 2 Points
- Organic Sea Salt Popcorn | 3 ½ Cups | 3 Points

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- Multigrain Pita Crackers | 10 Crackers | 3 Points
- Popcorn Chips Sea Salt | 15 Chips | 3 Points
- Popcorn, Whole Grain, Lightly Salted | 3 Cups | 3 Points
- Corn (Blue, White, Yellow Corn) Tortilla Chips | 11 Chips | 4 Points
- Peanut Butter Baked Corn Puffs | 36 Pieces | 4 Points
- Sea Salt and Black Pepper Potato Crisps | 1 Oz | 3 Points
- White Cheddar Popcorn | 2 $\frac{3}{4}$ Cups | 4 Points
- Creamy Peanut Butter | 2 Tbsp | 6 Points
- Creamy Cashew Butter | 2 Tbsp | 7 Points

Produce Items:

- Farfalla Whole Wheat Pasta | 1 Cup Dry | 0 Points
- Whole Wheat Penne Rigate | $\frac{3}{4}$ Cup Dry | 0 Points
- Spaghetti, Whole Wheat | $\frac{1}{8}$ Package Dry | 0 Points

Meat and Protein Options:

- Swai Filets | 4 Oz | 0 Points
- Large Brown Eggs | 1 Egg | 0 Points
- Alaskan Salmon Filets | 4 Oz | 0 Points
- Cod Filets | 1 Filet | 0 Points
- Tilapia Fillet | 1 Filet | 0 Points
- Yellowfin Tuna Steaks | 1 Filet | 0 Points
- Sea Scallops | 4 Oz | 0 Points
- Uncured Turkey Bacon | 1 Slice | 1 Point
- Jumbo Shrimp | 4 oz | 0 Points
- Sausage: Chicken, Spinach & Garlic | 1 Link | 2 Points
- Spicy Italian Chicken Sausage | 1 Link | 2 Points
- Smoky Chipotle Meatless Chicken | $\frac{3}{4}$ Cup | 2 Points
- Italian Style Chicken Meatballs | 4 Meatballs | 4 Points
- Chipotle Glazed Salmon Fillet | 1 Filet | 3 Points
- Homestyle Turkey Meatballs | 4 Meatballs | 4 Points

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Breakfast Items:

- Breakfast Chicken Sausage | 1 Link | 1 Point
- Peanut Butter Chocolate Chip Chewy Granola Bar | 1 Bar | 4 Points
- Low Fat Berry Blend Granola | ½ Cup | 7 Points
- Mixed Berries Dried | ¼ Cup | 8 Points