



LAUREN'S WW MASTER GROCERY LIST

Blue Plan – ALWAYS SCAN!!

Meat/Protein

Ground Turkey-98% fat free (0 pts)
Ground Beef- 93/96% (2 pts)
Chicken Breast- (0 pts)
Canadian Bacon
Bacon (2 pts/ slice)
Eggs (0 pts)
Turkey/Ham/Chicken lunch meat (0-2 pts per 2 oz)
Tuna (0 points)
Aldi Turkey Sticks (1 pt. each)
Salmon (0 pts)
Cod (0 pts)
Tilapia (0 pts)
Shrimp (0 pts)
Crab (0 pts)
Tyson-Chicken Breast Strips (Buffalo, Cajun, Garlic & Herb) 0 pts
Cure 81 Ham (3 oz-2 pts)
Turkey Pepperoni (10 for 1 pts)
Turkey Meatballs (6 for 4 pts)
Don Miguel Mini Chicken tacos (1 pts each)
Turkey Bologna (1 pts each)
Turkey Hot Dogs (2 pts each)

Fats

I Can't Believe it's Not Butter Spray
Light Mayo
Olive Oil
Olive Oil Pan Spray
Butter (3 pts for 1 tbsp)

Dairy

Velveeta Slices (1 pt./slice)
Laughing Cow (1-2 pts/triangle)
Fat Free Greek Yogurt (0 points)
Reduced Fat Mozzarella/Cheddar Shreds
String Cheese (light)
Light and Fit Greek Yogurt (2 pts/cup)
WW Jalapeño String Cheese(1 pts/each)
Light cream cheese (2 pts, 2 tsp)
Reduced Fat Feta (3 pts for $\frac{1}{4}$ cup)

Nuts and seeds

Emerald 100 calories packs
almonds- 3 pts
Mixed Nuts (23 for 5 pts)
Blue Diamond Flavored Almonds (most are 28 for 5 pts)
Peanuts- $\frac{1}{4}$ cup for 6 pts

Pasta & Bread

Sara Lee White/Wheat 45 calorie bread (1 pts each slice)
Extreme Wellness- Low Carb White/Wheat Wrap- (1 pts each)
Carbanada Noodles (1.5 cup=6 pts) ((Amazon))
Mission- Carb Balance Wraps (3 pts/each)
Zoodles (0 pts)
Reduced Fat Croissants (3 pts each)
Self-Rising Flour (with nonfat Greek yogurt) = 2 ingredient dough (12 pts for 1 cup each-2 pts/serving)
Riced Cauliflower (0 pts)
Flat Out Wraps (most 2 pts each)
Thomas Bagel Thins (3 pts each)
Most Sandwich skinnies (3 pts each)

Vegetables (Most 0)

Zoodles
Avocados (11 pts for medium-SCALE/weigh always!)
Riced Cauliflower (0 pts)

Snacks

Sensible Portions- Veggie Chips (14 chips for 5 pts)
Bite Size Tortilla Chips (24 chips-5 pts)
Tostito White Queso (2 tbsp for 1 pts)
Good Thins Crackers (Most are 17 crackers for 4 pts)
Baked Cheetos (34 for 3 pts)
Lays Oven Baked (18 chips for 4 pts)
Pretzel Sticks (32 for 3 pts)
Rice Cakes (1 pt. each)
Reduced Fat Wheat Thins (16 for 4 pts)
Quest Chips (1 bag=3 pts)
Flex Chips (25 for 2 pts)
Jolly Time 94% fat free mini bag, popcorn, or skinny girl- 3 pts
Skinny Pop Mini Rice Cakes- 22 for 3 pts

Sweets

Sugar Free Jell-O
Smart Sweets-All kinds (3 pts/bag)
Jolly Ranchers- 1 each
YASSO Greek Frozen Yogurt Bars (3-4 pts/each)
SF Pudding (Cheesecake, Chocolate)
Lilly's Chocolate Style Baking Chips (2 pts for 30)
Reduced Fat Graham Crackers (2 pts/square)
Fiber One- 70 calories bars (2 pts/each)
Project 7 Candy (1 bag-3 pts)
Fat Free Whipped Topping (2 pts for 2 tsp)
Pizzelle (1 pts each)
Sunmaid Sour Raisin Packs (3 pts each)
Built Bars (Most are 3-5 pts each)
Coconut Whipped Topping (0 pts)
Smucker's SF Sundae Syrup (1 tsp=1 pts)
Peanut Butter- most are 3 pts for 1 tbsp
Halo Topmost are 1/2 cup for 4 pts
SF Jolly Ranchers (4 for 1 pts)

Fruit (Most 0)

Grapes (Mix with SF Jell-O-Sour Patch Kids)
I always keep- apples, bananas, oranges for quick sweet cravings!

Condiments

Light Mayo (1 pt. for 1 tsp)
Mustard (0 pts)
Ketchup (1 pt. for 1 tsp)
Kernel Seasons Popcorn Seasoning (0 pts)
Garlic
Cinnamon
Soy sauce (0)
Tabasco/hot sauce (0)
Salsa (0)
Flavor Gods- Pizza and Buttery Cinnamon Roll (0)
G, Hughes SF BBQ sauce (0 pts for 2tsp)
Light Yum Yum Sauce (2 tbsp-3pt)
Bolthouse Dressings (2 pts for 2 tsp)
SF Jelly(0 pts)
Greek Ranch Dressing (1 tsp-1 pts)



Beverages

Bubbly Bounce- (0 pts)
Mio (0 points)
Crystal Light (0 pts)
Diet Soda (0 pts)
Coffee (0 pts)
Coffee Creamer (2 pts per 2 tsp)
Croix Sparking Water (0 pts)
Almond Milk (0 pts)
Michelob Ultra (3 pts per 12 oz)
Hard Seltzers (70 Cals, 0 carbs=3 pts, 85/90 Cals=3; 100 Cals, 2 carbs=4 pts)
Most Wine (5 pts, 3 oz)
Most Liquor (3 pts for, 1 one shot)
Miller 64- (2 pts per 12 oz)
Bud Light (4 pts per 12 oz)
Coors Light (3 pts per 12 oz)
Starbucks Classic Syrup (5 pts for 2tbsp)