



# LAUREN'S WW MASTER GROCERY LIST

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Blue Plan – ALWAYS SCAN!!

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## 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)

## 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)

## 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 ¼ 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- ¼ cup for 6 pts

## 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 ½ 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)

