

WEIGHT WATCHERS FOOD

TO BUY FROM TARGET

(SIMPLY BALANCED)

freestyle smart points

0 POINTS

Swai Fillets | 4 Oz
 Large Brown Eggs
 Alaskan Salmon Fillets | 4 Oz
 Cod Fillets | 1 Fillet
 Organic Unsweetened Applesauce
 Tilapia Fillet | 1 Fillet
 Freeze Dried Green Peas | ¾ Cup
 Yellowfin Tuna Steaks | 1 Fillet
 Sea Scallops | 4 Oz
 Uncured Turkey Bacon | 1 Slice
 Jumbo Shrimp

1 POINT

Organic Pizza Sauce | ¼ Cup
 Unsweetened Almond Milk | 1 Cup
 Breakfast Chicken Sausage | 1 Link

2 POINTS

Fruit Strips | 1 Strip
 Chicken Wild Rice Soup | 1 Cup
 Butternut Squash Soup | 1 Cup
 Organic Traditional Hummus | 2 Tbsp
 Organic Roasted Red Pepper Hummus | 2 Tbsp
 Chicken Tortilla Soup | 1 Cup
 Rustic Bean and Vegetable Soup | 1 Cup
 Sausage, Chicken, Spinach & Garlic | 1 Link
 Spicy Italian Chicken Sausage | 1 Link
 Smoky Chipotle Meatless Chicken | ¾ Cup

3 POINTS

Organic Sea Salt Popcorn | 3 ½ Cups
 Italian Style Chicken Meatballs | 4 Meatballs
 Multigrain Pita Crackers | 10 Crackers
 Popcorn Chips Sea Salt | 15 Chips
 Chipotle Glazed Salmon Fillet | 1 Fillet
 Popcorn, Whole Grain, Lightly Salted | 3 Cups
 Garlic Marinara Pasta Sauce | ½ Cup
 Fat Free Organic Skim Milk | 1 Cup
 Tomato Basil Pasta Sauce | ½ Cup
 Roasted Vegetable Pasta Sauce | ½ Cup

4 POINTS

Corn (Blue, White, Yellow Corn) Tortilla Chips | 11 Chips
 Thai Style Chicken Curry Soup | 1 Cup
 Vanilla Almond Milk | 1 Cup
 Vanilla Greek Yogurt | ¼ Container
 Peanut Butter Baked Corn Puffs | 36 Pieces
 Fruit on the Bottom Strawberry Greek Yogurt | 1 Container
 Homestyle Turkey Meatballs | 4 Meatballs
 Organic Tomato Basil Soup | 1 Cup
 Organic Quinoa | ¼ Cup
 Southwestern Style Black Bean Soup | 1 Cup
 Peanut Butter Chocolate Chip Chewy Granola Bar | 1 Bar
 Organic Steel Cut Oats | ¼ Cup Dry
 Sea Salt and Black Pepper Potato Crisps | 1 Oz

5 POINTS

Organic 2% Reduced Fat Milk | 1 Cup
 White Cheddar Popcorn | 2 ¾ Cups

6 POINTS

Creamy Peanut Butter | 2 Tbsp
 Creamy Cashew Butter | 2 Tbsp
 Farfalla Whole Wheat Pasta | 1 Cup Dry
 Whole Wheat Penne Rigate | ¾ Cup Dry
 Spaghetti, Whole Wheat | □ Package Dry

7 POINTS

Low Fat Berry Blend Granola | ½ Cup
 Mixed Berries Dried | ¼ Cup
 Heat and Serve Garlic and Olive Oil Quinoa | ¾ Cup

8 POINTS

Honey Almond Flax Granola | ½ Cup
 Vanilla Bean Granola | ½ Cup