

# SIMPLE START SHOPPING LIST

## FILLING AND HEALTHY FOOD LIST

- Bacon medallions
- Baked beans
- Beans & pulses:
  - Aduki
  - Black-eyed
  - Borlotti
  - Broad
  - Butter
  - Cannellini
  - Chickpeas
  - Flageolet
  - French
  - Green
  - Haricot
  - Kidney
  - Lentils
  - Mixed pulses
  - Mung
  - Pollock
  - Pinto
  - Runner
  - Soya
  - Split peas
- Beef:
  - Braising steak, lean
  - Fillet steak, lean
  - Mince, extra-lean
  - Rump steak, lean
  - Silverside, lean
  - Sirloin steak, lean
  - Stewing steak, lean
- Bread, brown calorie-controlled
- Bulgur wheat
- Cheese:
  - Cottage, reduced fat, natural
  - Quark
- Chicken:
  - Breast, skinless
  - Drumstick, skinless
  - Leg, skinless
  - Mince
  - Wafer thin
- Couscous, wholewheat
- Crabsticks
- Crumpets
- Egg:
  - Duck
  - Goose
  - Hen
  - Quail
  - White
- Fish:
  - Cod
  - Cod, smoked
  - Coley
  - Dover sole
  - Grouper
  - Haddock
  - Haddock, smoked
  - Hake
  - Halibut
  - Herring roe, soft
  - Hoki
  - John Dory
  - Lemon sole
  - Monkfish
  - Mullet
  - Orange roughy
  - Pike
  - Plaice
  - Pollock
  - Red snapper
  - Rock salmon
  - Salmon
  - Salmon, tinned, pink/red
  - Sardines
  - Sea bass
  - Sea bream (red fish)
  - Shark
  - Skate
  - Squid
  - Swordfish
  - Tilapia
  - Trout
  - Trout, smoked
  - Tuna
  - Tuna in brine/spring water
  - Turbot
  - Whiting
- Fromage frais, natural, fat-free
- Fruit:
  - Fresh (except avocado)
  - Frozen
  - Tinned in natural juice, drained
- Gammon steak
- Garlic
- Ginger
- Goat
- Guinea fowl
- Ham:
  - Premium
  - Pre-packed slices
  - Wafer thin
- Heart, lamb's
- Herbs, fresh
- Jelly, sugar-free
- Kidney:
  - Lamb
  - Pig
- Liver:
  - Calf
  - Chicken
  - Lamb
  - Ox
  - Pig
- Milk:
  - Skimmed
  - Unsweetened soya
- Millet
- Nori
- Oat bran
- Oats
- Octopus
- Partridge
- Passata
- Pasta, wholewheat
- Pigeon
- Popping corn
- Pork:
  - Escalope
  - Fillet, lean
  - Leg, lean
  - Loin steak, lean
  - Mince, extra-lean
  - Shoulder, lean
  - Tenderloin
- Potatoes, all types
- Puffed wheat, no added sugar or salt
- Quail
- Quinoa
- Quorn:
  - Bacon-style rashers
  - Fillet
  - Mince
  - Pieces
- Rabbit
- Rice, brown
- Sandwich thins, brown
- Shellfish:
  - Clams
  - Cockles
  - Crab
  - Crab in brine, drained
  - Crayfish
  - Lobster
  - Mussels
  - Oysters
  - Prawns, all types
  - Scallops
  - Shrimps
  - Wheelks
  - Winkles
- Soya mince
- Tofu, regular/smoked
- Turkey:
  - Breast mince
  - Breast, skinless
  - Roasted, skinless
  - Steak
  - Thigh, skinless
  - Wafer thin
- Veal escalope
- Vegetables:
  - Fresh
  - Frozen
  - Tinned in water or brine
- Venison, lean
- Weight Watchers:
  - Brown Danish Bread
  - Crumpets
  - Extra Trimmed Bacon
  - Original Breakfast Oats
  - Petits Pains
  - Pitta Breads, white and wholemeal
  - Tortillas
  - Wraps
- Wheat bran
- Wheat germ
- Wholegrain wheat cereal (such as Shredded Wheat)
- Yam
- Yogurt:
  - Greek, 0% fat natural
  - Fat-free natural
  - Low-fat natural
  - Soya, plain

## UNLIMITED FLAVOUR BOOSTERS AND DRINKS

- Artificial sweetener
- Balsamic vinegar
- Capers
- Chili, fresh, dried or flakes
- Curry powder
- Fat-free salad dressing
- Fish sauce (Nam Pla)
- Garlic
- Ginger
- Harissa paste
- Herbs and spices, fresh and dried
- Hot pepper sauce (Tabasco)
- Lemongrass
- Lemon juice
- Lime juice
- Mustard, any type
- Salt and pepper
- Soy sauce
- Stock cubes
- Tomato purée
- Vanilla extract
- Vinegar
- Worcestershire sauce
- Weight Watchers Bag 'n' Bake
- Yeast extract (Marmite)
- Zest of citrus fruits

## HELP YOURSELF TO DRINKS

- Coffee, black or with skimmed milk (without sugar)
- Tea, black or with skimmed milk (without sugar)
- Diet drinks • Sugar-free squash
- Water, still or fizzy
- Herbal and fruit teas
- Weight Watchers No Added Sugar Juice Drinks

## EXTRA TREATS

- Almonds, 8
- Avocado, 60g
- Butter, 2 tsp
- Cashews, 10
- Cheese slice, 1
- Chocolate nut spread, 2 tsp
- Chocolate, 2 squares
- Cream, single, 3 tbsp
- Custard, low-fat, ready-to-serve, 150g pot
- Drinking chocolate, 1 tbsp
- Feta, 40g
- Flour, any type, 1 level tbsp
- Fruit yogurt, fat-free, 1 small pot, 150g
- Gravy granules, 2 tsp
- Honey, 1 heaped tsp
- Houmous, reduced-fat, 1 tbsp
- Ice cream, low-fat, 1 scoop
- Jaffa cake, 2
- Jam or marmalade, 2 tsp
- Lager, ½ pint or 330ml bottle
- Lemonade, 1 can
- Low-fat soft cheese, 50g
- Low-fat spread, 2 tsp
- Malt loaf, 1 small slice
- Mayonnaise, reduced-fat, 1 tbsp
- Meringue nest, 1
- Oil, any type, 1 tsp\*
- Olives in brine, 10
- Orange or apple juice, unsweetened, 1 small glass, 150ml
- Parmesan, 15g
- Pesto, 1 level tbsp
- Pistachios, 15
- Quorn sausage, 1
- Salad cream, 2 tbsp
- Smoked salmon, 60g
- Spirits, single pub measure, 25ml
- Sugar, 1 tsp
- Tomato ketchup, 2 tbsp
- Weetabix, 2 biscuits
- Weight Watchers Cake Slice, any type, 1 cake
- Weight Watchers Cookies, 1 twin-pack
- Weight Watchers Iced Desserts, 1 pot
- Weight Watchers Premium Pork sausages, 2
- Weight Watchers Reduced Fat Mature Cheese, 50g
- Weight Watchers Yogurt or Fromage Frais, any flavour, 1 pot
- Wine, red, rosé, dry white, sparkling, 1 small glass
- Yorkshire pudding, 1 small

Available to buy in the online shop (or at your meeting)

- Weight Watchers Biscuits, 1 biscuit
- Weight Watchers Caramel Latte, 1 sachet
- Weight Watchers Fruit Bears, 1 bag
- Weight Watchers Savoury Snacks, 1 bag
- Weight Watchers Snack Bars, 1 bar

Our programme materials are designed to help members make informed choices based on the energy density, fat, sugar, salt and fibre content of any food. Our goal is to provide the most comprehensive database possible to best serve all members' needs.