

WEIGHT WATCHERS

Zero Smart Point Foods

PROTEIN

- calamari, grilled
- calamari
- chicken breast or tenderloin, boneless, skinless
- eggs
- fsh, grilled or baked
- shellfish
- tofu
- turkey breast
- ground chicken or turkey 98% fat free
- Greek yogurt, nonfat, unsweetened
- yogurt, plain
- unsweetened yogurt, plain soy

FRUITS

- apples
- applesauce, unsweetened
- apricots
- banana
- blackberries
- blueberries
- cantaloupe
- cherries
- clementines
- cranberries
- dates
- dragon fruit
- fgs
- fruits cocktail, unsweetened
- grapes
- grapefruit
- guava
- honeydew
- jackfruit
- kiwi
- kumquats
- lemon
- lime
- mangos
- nectarine
- oranges

- oranges
- papaya
- passion fruit
- peaches
- pears
- persimmons
- pineapple
- plums
- pluots
- pomegranates
- pomelo
- raspberries
- starfruit
- strawberries
- tangelo
- tangerine
- watermelon

VEGGIES

- artichoke hearts
- artichokes
- arugula
- asparagus
- beets
- broccoli
- brussels sprouts
- cabbage
- carrots
- cauliflower
- celery
- Swiss chard
- coleslaw mix
- collards
- corn
- cucumber
- edamame
- eggplant
- endive
- fennel
- eggplant
- endive
- fennel
- garlic
- ginger root
- greens
- hearts of palm
- jicama
- leeks
- lentils

- lettuce
- mushrooms
- okra
- onion
- peas
- pimentos
- pumpkin
- peppers, all varieties
- pico de gallo
- pickles, unsweetened
- pepperocini
- radicchio
- radishes
- rutabagas
- salad, without dressing
- salsa, fat-free
- scallions
- sauerkraut
- shallots
- spinach
- sprouts
- squash, all varieties
- succotash
- tomatoes
- tomatillos
- turnips
- water chestnuts
- watercress

STARCHES/OTHER

- arrowroot
- bamboo shoots
- beans-black, broad, butter, cannelloni, chickpeas, great northern, kidney, navy, string, snap, white
- beans, refried