

Shopping Essentials

WEIGHT WATCHERS

Vegetables

artichokes
cabbage
brussels sprouts
broccoli
asparagus
collards
endive
cucumber
eggplant
garlic
carrots
radishes
edamame
lettuce
turnips
okra
cauliflower
beets
corn
celery
tomatoes
pumpkin
peas
spinach

Dairy

yogurt, plain: plain, nonfat
yogurt, soy: plain, nonfat
yogurt, Greek: plain, nonfat

Sauces, Etc.

tomato sauce
lemon, lime zest
tomato puree
salsa / pico de gallo

Protein

sashimi
shellfish: clams, shrimp
tofu
eggs or egg-substitute
turkey breast
calamari, grilled

Fruits

cranberries
banana
lemon
cherries
guava
kiwi
oranges
grapes
nectarine
mangos
figs
apples
cantaloupe
grapefruit
jackfruit
lime
dragon fruit

