

WW Kitchen Staples

Consider this list your BFF (Best Food Friend) when grocery shopping. Use it to help write your own shopping list or as a reminder of better-for-you options to keep an eye out for while you're wandering the supermarket aisles.

And don't forget to highlight your own ZeroPoint™ foods so you stock up on those while you shop.

PRODUCE

- Avocados
- Fruit, fresh
- Herbs, fresh
- Leafy greens & lettuces
- Onions & garlic
- Precut or spiralized vegetables
- Tofu or tempeh
- Vegetables, fresh

POULTRY + MEAT + FISH

- Bacon (Canadian, turkey)
- Chicken breasts & thighs, skinless
- Fish fillets or steaks
- Flank steak or other lean cuts of beef
- Ground chicken or turkey, 98% fat-free
- Pork tenderloin or other lean cuts
- Shrimp or other shellfish
- Turkey breast, skinless



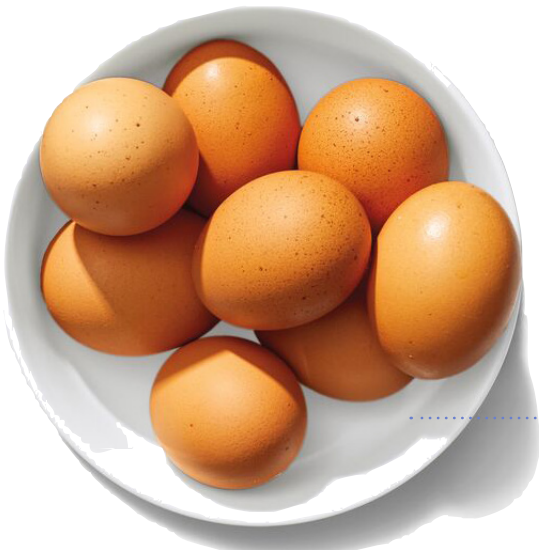
- Parmesan, grated
- Yogurt (Greek, regular), plain nonfat

EGGS + DAIRY

- Butter, light
- Cheeses (cheddar, feta), low-fat or reduced-fat
- Cottage cheese, nonfat
- Cream cheese, reduced-fat
- Eggs or egg substitute
- Milk, animal-derived or plant-based

BREAD

- Bread, whole-grain or whole-wheat
- English muffins, light or whole-wheat
- Pizza dough
- Sandwich thins, whole-wheat
- Tortillas, whole-wheat or corn



WW Kitchen Staples continued



CANNED FOODS + OTHER PANTRY STAPLES

- Beans (black, chickpeas, kidney, white)
- Fruits (no added sugars)
- Lentils, dried
- Marinara sauce
- Nut or seed butters
- Pickles, unsweetened
- Salsa, fat-free
- Seltzers, unsweetened
- Stock (chicken, vegetable), reduced-sodium
- Tomatoes
- Tuna (packed in water)
- Vegetables (no added salt, sugars, or oil)

DELI

- Deli meats, lean
- Guacamole
- Hummus
- Pico de gallo, fresh
- Rotisserie chicken

PASTA + GRAINS

- Brown rice
- Oatmeal or oats, plain
- Pastas, whole-grain or legume-based
- Whole grains (bulgur, farro, hulled barley, quinoa)

SNACKS

- Almonds
- Chips (potato or tortilla), baked
- Corn kernels (for popping)
- Crackers, whole-grain
- Pistachios

FROZEN

- Edamame
- Fruit (no added sugars)
- Vegetables (no added salt, sugars, oil, or sauce)
- Waffles, whole-grain

CONDIMENTS + SEASONINGS

- Cooking spray
- Dried herbs, spices & rubs
- Hot sauce
- Ketchup
- Mayonnaise, light
- Mustard
- Oil
- Salt & black pepper
- Soy sauce, reduced-sodium
- Vinegar

