

WEIGHT WATCHERS SIMPLY FILLING POWER FOODS LIST

FRUITS & VEGETABLES

Fresh, frozen, canned fruits and veggies without added sugar or oil.

Fruits in their own juice (drained)

LEAN PROTEIN

chicken, beef, turkey, pork, lamb, veal, dried beans/peas, lentils, eggs, meat substitutes, most fish and shellfish

WHOLE GRAINS

Rice (brown, wild), oatmeal/hot cereals without added sugar/nuts, cream of rice/wheat, grits, whole grain pasta, whole grains (barley, wheat, polenta), whole wheat couscous, quinoa, air-popped popcorn

BREADS, SOUPS, DESSERTS, BEVERAGES

Light English muffins, buns, breads, broth or onion-based soups, sugar-free gelatin, black coffee, tea, diet/club soda

CONDIMENTS

lemon/lime juice, ketchup, mustard, cooking spray, salsa, taco sauce, soy sauce, spices, sugar substitutes, steak sauce, teriyaki sauce, vinegar, Worcestershire sauce, baking powder/soda, capers, cocktail sauce, herbs, hot sauce, and fat-free salad dressings, margarine, and mayo

DAIRY

Fat-free sour cream, cheeses, milk, yogurt (fat-free, plain, or sweetened with sugar substitute)
Fat-free sour cream.
Soy products (unflavored yogurt, soy milk)

HEALTHY OILS

2 tsp a day without counting.
OILS
olive, canola, safflower, sunflower, flaxseed

WHAT'S NOT INCLUDED IN THE POWER FOODS LIST

Processed meats: hot dogs, sausages, and lunch meats (other than fat-free)

French fries, avocados, sweet pickles, plantains, olives

Dried fruits, fruit juices, vegetable juices, vegetables prepared with non Power Food ingredients

Fish or shellfish (canned or packed in oil).
Breaded eats, poultry, or fish

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