

ALDI AND WEIGHT WATCHERS

Remember to stock up on high protein food options to keep you full longer!
Avoid too many boxed and processed items. Snacks and treats are fine, just calculate them. When in doubt, scan!

*Slap Dash Mom is not affiliated with Weight Watchers. Items vary by location.

DAIRY AND DELI

Fit & Active Egg Whites - 0 FSP for 1/3 Cup

Roasted Red Pepper Hummus - 1 FSP for 2 tbsp

Happy Farms Spreadable Cheese Wedges - 1 FSP for 1 Wedge

Fit & Active String Cheese - 1 FSP for 1

Friendly Farms Almond Milk - 1 FSP for 1 Cup

Fit & Active Mozzarella Shredded Cheese - 2 FSP for 1/4 Cup

The Little Salad Bar Layered Dip - 2 SP

2% Milk American Singles - 2 FSP

Mama Cozzi's Turkey Pepperonis - 2 FSP for 16 Slices

Fit & Active Four Cheese Mexican Blend Shredded Cheese - 3 FSP
for 1/4 Cup

Fit & Active Cheddar Shredded Cheese - 3 FSP for 1/4 Cup

Fit & Active Neufchatel Cream Cheese - 3 FSP for 1/3 Cup

The Little Salad Bar 100 Calorie Guacamole Minis - 3 FSP for 1
Container

Fusia Udon Soup Bowl - 3 FSP for 1 Container/7 FSP for Container

ALDI + WEIGHT WATCHERS

MEATS

Fit & Active Oven Roasted Turkey Breast - 1 FSP for 2 Ounces
Never Any! Uncured Black Forest Ham - 1 FSP
Appleton Farms Breakfast Ham Slices - 1 FSP
Fit & Active Turkey Bacon - 1 FSP for 1 Slice
Kirkwood Chicken Breakfast Sausage - 1 FSP for 1 Link
Simms Snack Sticks Turkey Sausage - 1 FSP for 1
Kirkwood Garlic & Herb Seasoned Chicken Breast - 1 FSP for 4oz
Specialty Center Cut Bacon - 1 FSP for 2 Slices
Fit & Active Turkey Kielbasa - 2 FSP for 2 Ounces
Fit & Active Smoked Honey Ham - 2 FSP for 2 Ounces
Fit & Active Rotisserie Turkey Breast Tenderloins - 2 FSP for 4oz
Fit & Active Lean Turkey Polska Kielbasa - 2 FSP for 2 Ounces
Cracked Pepper Turkey Breast Tenderloins - 2 FSP for 4 Ooz
Never Any! Spinach & Feta Chicken Sausage - 4 FSP

*Some meats ring up as points while others don't. If you know a certain meat is 0 FSP, use your calculations instead.

BREADS

Fit & Active Multigrain Bread - 1 FSP for 1 Slice
Fit & Active Flatbread - 2 FSP for 1 Flat
L'Oven Fresh Sandwich Skinnys - 3 FSP

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SAUCES

Simply Nature Pasta Sauce - 1 FSP for 1/2 Cup

Fusia Sweet & Sour Asian Sauce - 1 FSP for 1 Tbsp

PANTRY ITEMS

Fit & Active Sugar Free Strawberry Preserves - 0 FSP

Fit & Active Sugar Raspberry Free Preserves - 0 FSP

Simply Nature Organic Free Range Chicken Broth Low Sodium - 0 FSP

Simply Nature Unsweetened Apple Sauce - 0 FSP

PurAqua Sparkling Fruit Flavored Drinks - 0 FSP

PurAqua Sparkling Frost Fruit Flavored Beverages - 0 FSP

Fit & Active Flavored Water Enhancer - 0 FSP

Fit & Active Diced Tomatoes - 0 FSP

Fit & Active Diced Tomatoes with Green Chili - 0 FSP

Carlini Non Stick Olive Oil Spray - 0 FSP

Carlini Basil Flavored Oil Spray - 0 FSP

Fit & Active Fruit Snacks - 1 FSP for 1 Pouch

Fit & Active 94\$ Fat Free Butter Microwave Popcorn - 1 FSP

Fit & Active Fat Free Zesty Italian Dressing - 1 FSP

Fit & Active Lightly Salted Rice Cakes - 1 FSP

Simply Nature Peanut Butter Powder with Cocoa - 1 FSP

Fit & Active Caramel Rice Snacks - 2 FSP for 8 Mini Cakes

Fit & Active S'Mores Rice Snacks - 2 FSP for 8 Mini Cakes

Fit & Active Light Balsamic Vinaigrette - 2 FSP for 2 Tbsp

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PANTRY ITEMS (CONTINUED)

Pizzeles Italian Cookies - 2 FSP for 3 Cookies
Fusia Crunchy Rice Rolls - 2 FSP for 1
Casa Mamita Organic Black Bean Dip - 2 FSP for 5 tbsp
Northern Catch Wild Alaska Pink Salmon - 2 FSP
Friendly Farms Delightfully Pure Salted Caramel - 2 FSP for 1 Tbsp
Fit & Active Cheddar Cheese Rice Snacks - 2 FSP
Fit & Active Caramel Rice Snacks - 2 FSP
Fit & Active Cream of Chicken Condensed Soup - 2 FSP
Fit & Active Cream of Mushroom Condensed Soup - 2 FSP
Clancy's Pretzel Slim - 3 FSP for 1 Ounce
Earthy Grains Ready to Serve Brown Rice - 3 FSP for 1 Cup
Clancy's Baked Pretzel Thins - 3 FSP for 1 Ounce
Millieville Rice Squares - 3 FSP
Casa Mamita Crunchy Taco Shells - 3 FSP for 2 Shells
Fit & Active Nut Snack Packs - 3 FSP for 1 Pouch
Fit & Active Canned Chicken Noodle Soup - 3 FSP for 1 Cup
Fit & Active Ranch Salad Dressing - 3 FSP for 2 Tbsp
Simply Nature Green Pea Crisps - 3 FSP
Fit & Active Strawberry Vitality Cereal Bars - 3 FSP
Fit & Active Blueberry Vitality Cereal Bars - 3 FSP
Clangs Original Veggie Straws - 4 FSP for 1 Ounce
Southern Grove Pistachios - 4 FSP
Fit & Active Cinna-Swirl Drizzle Mini Crisp - 4 FSP
Fit & Active 100 Calorie Baked Chocolate Wafer Snack Pack - 4 FSP
Fit & Active 100 Calorie Baked Chocolate Chip Wafer Snack Pack - 4 FSP
Fit & Active Vitality Cereal Vanilla Almond - 4 FSP for 3/4 Cup
Elevation Bars Peanut Butter Fudge Crisps - 4 FSP for 1 Bar
Simply Natural Black Bean Corn Tortilla Chips - 4 FSP
Millieville Greek Yogurt Protein Bars - 6 FSP for 1
Elevation Better for You Bar - 6 FSP for 1 Bar

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FROZEN

Fit & Active Grilled Chicken Bites - 0 FSP (Group Fav!!)

14 Calorie Bars Vanilla Flavored Cream Bars - 0 FSP

Lite Whipped Topping - 1 FSP

Seasons Choice Veggie Burger - 3 FSP for 1 Patty

Fit & Active Crinkle Cut Fries - 3 FSP for 16 Pieces

Earth Grown Veggie Burger - 3 FSP

Black Bean Chipotle Burger - 4 FSP for 1 burger

Fusia Chicken Won Ton Soup with Vegetables - 6 FSP for 1
Container

Fit & Active Chocolate Fudge Ice Cream Bars - 5 FSP

Fit & Active Multigrain Waffles - 5 FSP for 2

