

# WALMART 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

Great Value Plain Flavor Coffee Creamer - 0 FSP  
Sargento Light String Cheese - 1 FSP for 1 Piece  
Lightlife Smart Patties - Black Bean - 2 FSP per patty  
Wholly Guacamole Classic - 2 FSP for 1 Tbsp  
Friedas Eggroll Wrappers - 2 FSP for 1 Wrap  
Sabra Classic Hummus - 2 FSP for 2 Tbsp  
Babybel Mozzarella Cheese - 2 FSP for 1 Piece  
Laughing Cow Creamy Swiss - 2 FSP for 1 Wedge  
Daisy Light Sour Cream - 2 FSP for 2 Tbsp  
Great Value Fat Free Cottage Cheese - 2 FSP for 1/2 Cup  
Delighted By Brownie Batter Hummus - 2 FSP for 2 Tbsp  
Delighted By Vanilla Bean Hummus - 2 FSP for 2 Tbsp  
Delighted By Snickerdoodle Hummus - 2 FSP for 2 Tbsp  
Babybel Original Cheese - 3 FSP per Piece  
Athenos Feta Cheese - 3 FSP for 1/4 Cup

# WALMART + WEIGHT WATCHERS

## MEATS

Sara Lee Chicken Breast - 0 FSP

Tyson Precooked Frozen Chicken - 0 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

Joseph's Flax Oat Bran & Whole Wheat Pita Bread - 1 FSP

Mama Lupe Low Carb Tortilla - 1 FSP

Xtreme Wellness Tortilla - 1 FSP

Flatout Multigrain - 2 FSP per Flatout

Flatout Light - 2 FSP per Flatout

Flatout Italian - 2 FSP per Flatout

Arnold Sandwich Thins 100% Whole Wheat with Fiber & Flax -  
3 FSP per Sandwich

Thomas English Muffins - 100% Whole Wheat - 3 FSP per  
English Muffin

Thomas Bagel Thins - 3 FSP for 1 Bagel

## SAUCES

G. Hughes Smokehouse Sugar Free BBQ Sauce - 0 FSP

Newman's Own Marinara - 3 FSP for 1/2 Cup

# PANTRY ITEMS

- Jilly's Sugar-Free Gelatin Dessert - 0 FSP
- Kohana Cold Brew Coffee - 0 FSP
- Skinnygirl Honey Dijon Dressing - 0 FSP for 1 Tbsp
- Skinnygirl Raspberry Vinaigrette Dressing - 0 FSP for 1 Tbsp
- Skinnygirl Poppyseed Dressing - 0 FSP for 1 Tbsp
- Skinnygirl Balsamic Vinaigrette - 0 FSP for 1 Tbsp
- Walden Farms Salad Dressings - 0 FSP
- Tazo Butterscotch Blondie Tea - 0 FSP
- Tazo Vanilla Bean Macaron Tea - 0 FSP
- Tazo Glazed Lemon Loaf Tea - 0 FSP
- Great Value Sugar-Free Chocolate Flavored Syrup - 0 FSP
- Wild Oats Organic Ketchup - 1 FSP for 1 Tbsp
- Starkist Tuna Creations - 1 or 2 FSP per pouch depending on flavor
- Olive Garden Light Italian Dressing - 1 FSP for 2 Tbsp
- Heinz No Salt Tomato Ketchup - 1 FSP for 1 Tbsp
- Oscar Mayer Selects Natural Ready to Serve Real Uncured Bacon Bits - 1 FSP for Tbsp
- Werther's Original Sugar Free Candy - 1 FSP for 5 Pieces
- Wild Oats Organic Chicken Noodle Soup - 2 FSP for 1 Cup
- Ritz Whole Wheat Crackers - 2 FSP for 5
- Premier Protein - 2 FSP (for most flavors)
- Quest Protein Chips, BBQ Flavor - 2 FSP per bag

## PANTRY ITEMS (CONTINUED)

- Goya Plantain Chips - 2 FSP for 16
- Peanut Free Wow Butter - 3 FSP for 1 Tbsp or 5 FSP for 2 Tbsp
- Great Value Pretzel Salty Sticks Ultra Thin - 3 FSP for 94
- Harvest Snaps Lightly Salted - 3 FSP for 22
- Hormel Chili White Chicken Chili with Beans - 3 FSP per can
- Smart Fries Air Popped Potato Sticks - 3 FSP for 50
- Good Thins The Corn One Sea Salt - 3 FSP for 41
- Good Thins The Rice One Veggie Blend - 4 FSP for 26 Pieces
- Annie's Cheddar Squares - 4 FSP for 27 Squares
- Back to Nature Crackers - 4 FSP for 17 Crackers
- Gluck Veggie Sticks - 4 FSP for 70
- Skinny Pop Popcorn Mini Cakes - 4 FSP for 20 Cakes

## FROZEN

- Birds Eye Steamfresh Buffalo Cauliflower - 0 FSP
- Green Giant Riced Veggies Cauliflower Medley - 0 FSP
- Boca All American Burger - 3 FSP per burger
- Yasso Frozen Greek Yogurt Bars - 3 FSP per bar
- Birds Eye Veggie Made Zucchini Lentil Pasta - 3 FSP for 1 1/4 Cup
- Boca Chicken Patty - 4 FSP per patty
- Outshine Peach Yogurt Bar - 4 FSP per bar
- Outshine Strawberry Yogurt Bars - 4 FSP per bar
- Green Giant Veggie Tots - 4 FSP for 6
- Outshine Strawberry Fruit Bars - 5 FSP per bar
- Skinny Cow Vanilla & Chocolate Sandwich - 6 FSP per Sandwich
- Great Value Individual Portions Fettuccine Pasta - 6 FSP per portion

# MY WALMART SHOPPING LIST

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