

TARGET 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! As always, remember to check the point values in your app as point values are often updated. It is also a great idea to check because sometimes certain flavors might be 0 points while others might be 1 or 2 points.

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

PANTRY/BREAD/SAUCES

G. Hughes Smokehouse Sugar Free BBQ Sauce - 0 FSP

Jilly's Sugar-Free Gelatin Dessert - 0 FSP

Simply Balanced Organic Unsweetened Applesauce - 0 FSP

Market Pantry Mild Chunky Salsa - 0 FSP

Market Pantry Light Homestyle Vegetable Noodle Soup - 0 FSP for
1 Cup

Market Pantry No Sugar Added Fruit Cups - 0 FSP

Market Pantry Fat Free Traditional Refried Beans - 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

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TARGET + WEIGHT WATCHERS

Smucker's Sugar Free Strawberry Preserves - 0 FSP for 1 Tbsp
Smucker's Sugar Free Red Raspberry Preserves - 0 FSP for 1 Tbsp
Smucker's Sugar Free Seedless Blackberry Jam - 0 FSP for 1 Tbsp
Smucker's Sugar Free Concord Grape Jam - 0 FSP for 1 Tbsp
Crystal Light Packets - 0 FSP
Jell-O Sugar Free Gelatin and Pudding - 0 FSP
Starkist Tuna Creations - 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
Simply Balanced Organic Pizza Sauce - 1 FSP for 1/4 Cup
Market Pantry Sugar Free Syrup 1 FSP for 1/4 Cup
Market Pantry Fat Free Zesty Italian Dressing 1 FSP for 2 Tbsp
Market Pantry Light Homestyle Italian Vegetable Soup 1 FSP for 1 Cup
Market Pantry Beef Gravy 1 FSP for 1/2 Cup
Oscar Mayer Selects Natural Uncured Bacon Bits - 1 FSP for Tbsp
Werther's Original Sugar Free Candy - 1 FSP for 5 Pieces
Minute Maid Pink Lemonade - 1 FSP
PB2 - 1 FSP for 2 Tbsp
Jell-O Sugar Free Gelatin and Pudding - 1 FSP
Starkist Tuna Creations - 1 FSP
Joseph's Flax Oat Bran & Whole Wheat Pita Bread - 1 FSP
Mama Lupe Low Carb Tortilla - 1 FSP
Xtreme Wellness Tortilla - 1 FSP
Wild Oats Organic Chicken Noodle Soup - 2 FSP for 1 Cup
Ritz Whole Wheat Crackers - 2 FSP for 5
Simply Balanced Fruit Strips - 2 FSP for 1 Strip
Simply Balanced Chicken Wild Rice Soup - 2 FSP for 1 Cup
Simply Balanced Butternut Squash Soup - 2 FSP for 1 Cup

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Market Pantry Turkey Jerky - 2 FSP for 1 Oz
Market Pantry Soup and Oyster Crackers - 2 FSP for 36 Crackers
Market Pantry Enriched White Bread - 2 FSP for 1 Slice
Market Pantry Original Saltine Crackers - 2 FSP for 5 Crackers
Market Pantry Shredded Hash Browns - 2 FSP for 1/2 Cup
Simply Balanced Rustic Bean and Vegetable Soup - 2 FSP for 1 Cup
Simply Balanced Chicken Tortilla Soup - 2 FSP for 1 Cup
Premier Protein - 2 FSP (for most flavors)
Quest Protein Chips, BBQ Flavor - 2 FSP per bag
Goya Plantain Chips - 2 FSP for 16
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
Thomas English Muffins - 100% Whole Wheat - 3 FSP per English Muffin
Thomas Bagel Thins - 3 FSP for 1 Bagel
Harvest Snaps Lightly Salted - 3 FSP for 22
Market Pantry Original English Muffins - 3 FSP for 1 Muffin
Market Pantry Chunky Chicken and Sausage Gumbo - 3 FSP for 1 Cup
Market Pantry 100 Calorie Packs Baked Cheese Crisps - 3 FSP for 1 Pouch
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

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DAIRY/DELI/REFRIGERATED

Simply Balanced Large Brown Eggs - 0 FSP

Market Pantry Fat Free Original Non Dairy Creamer - 0 FSP for 1 Tsp

Market Pantry Eggs - 0 FSP

Simply Balanced Unsweetened Almond Milk - 1 FSP for 1 Cup

Market Pantry Light Mozzarella String Cheese 1 FSP for 1 Stick

Market Pantry Fat Free Half and Half 1 FSP for 2 Tbsp

Market Pantry Fat Free Sour Cream 1 FSP for 2 Tbsp

Babybel Mini Light Cheese - 1 FSP for 1 Piece

Sargento Light String Cheese - 1 FSP for 1 Piece

Market Pantry Reduced Fat Deli Style Provolone Cheese - 2 FSP for 1 Slice

Market Pantry Reduced Fat Part Skim Mozz Shr Cheese - 2 FSP for 1/4 Cup

Market Pantry 1% Small Curd Cottage Cheese - 2 FSP for 1/2 Cup

Simply Balanced Organic Traditional Hummus - 2 FSP for 2 Tbsp

Simply Balanced Organic Roasted Red Pepper Hummus - 2 FSP for 2 Tbsp

Market Pantry Reduced Fat Colby Jack Cheese Bars - 2 FSP for 1 Bar

Market Pantry Swiss Cheese Slices - 2 FSP for 1 Slice

Market Pantry Light Sour Cream - 2 FSP for 2 Tbsp

Market Pantry Fat Free Small Curd Cottage Cheese - 2 FSP for 1/2 Cup

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

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Birds Eye Steamfresh Seasoned Asian Medley - 2 FSP for 1 Cup
Cacique Queso Fresco - 3 FSP for 1 Ounce
Babybel Original Cheese - 3 FSP per Piece
Athenos Feta Cheese - 3 FSP for 1/4 Cup
Simply Balanced Fat Free Organic Skim Milk - 3 FSP for 1 Cup
Market Pantry Reduced Fat Sharp Cheddar Cheese - 3 FSP for 1/4 Cup
Market Pantry Light Plain Cream Cheese - 3 FSP for 2 Tbsp
Market Pantry Pepper Jack Cheese Sticks - 3 FSP for 1 Stick
Delighted By Snickerdoodle Hummus - 2 FSP for 2 Tbsp
Precious Low Fat Ricotta Cheese - 2 FSP for 1/4 Cup

FROZEN

Market Pantry Frozen Fish - 0 FSP
Market Pantry Frozen Vegetables - 0 FSP
Market Pantry Frozen Fruit - 0 FSP
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
Gardenburger Portabella Veggie Burgers - 3 FSP for 1 Patty
Market Pantry Orange Cream Bar - 3 FSP for 1 Bar

MEAT/SEAFOOD

Sara Lee Chicken Breast - 0 FSP

Market Pantry Cooked Shrimp - 0 FSP

Simply Balanced Swai Fillets - 0 FSP for 4 Ounces

Simply Balanced Tilapia Fillet - 0 FSP for 1 Fillet

Simply Balanced Yellowfin Tuna Steak - 0 FSP for 1 Fillet

Simply Balanced Sea Scallops - 0 FSP for 4 Ounces

Simply Balanced Uncured Turkey Bacon - 0 FSP for 1 Slice

Simply Balanced Jumbo Shrimp - 0 FSP

Simply Balanced Alaskan Salmon Fillets - 0 FSP for 4 Ounces

Simply Balanced Cod Fillets - 0 FSP for 1 Fillet

Simply Balanced Breakfast Chicken Sausage - 1 FSP for 1 Link

Market Pantry Oven Roasted Turkey Breast Slices 1 FSP for 2 Oz

Market Pantry Light Mayonnaise 1 FSP for 1 Tbsp

Market Pantry Black Forest Ham Deli Slices 1 FSP for 2 Oz

Market Pantry Turkey Sausage Snack Sticks 1 FSP for 1 Stick

Market Pantry 97% Fat Free Cooked Ham 1 FSP for 1 Slice

Simply Balanced Sausage, Chicken, Spinach & Garlic - 2 FSP for 1 Link

Simply Balanced Spicy Italian Chicken Sausage - 2 FSP for 1 Link

Simply Balanced Smoky Chipotle Meatless Chicken - 2 FSP for 3/4 Cup

Market Pantry Honey Ham, Ultra Thin Deli Slices - 2 FSP for 2 Oz

Simply Balanced Chipotle Glazed Salmon Fillet - 3 FSP for 1 Fillet

Simply Balanced Italian Style Chicken Meatballs - 3 FSP for 4 Meatballs

Market Pantry Fully Cooked, Hardwood Smoked, Bacon - 3 FSP for 4 Slices

Market Pantry 4 Cheese and Herb Seasoned Boneless Skinless Chicken Breast - 3 FSP for 4 Oz

Target usually has a large selection of Organic and fresh meat. Use your barcode scanner in your app to find some fantastic options!

DON'T FORGET TO DOWNLOAD MY OTHER LISTS!

WALMART

TRADER JOE'S

ALDI

email slapdashmom@gmail.com
if you have questions!

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