

# SIMPLE START SHOPPING LIST

## FILLING AND HEALTHY FOOD LIST

- **Bacon medallions**
- **Baked beans**
- **Beans & pulses:**
  - Aduki
  - Black-eyed
  - Borlotti
  - Broad
  - Butter
  - Cannellini
  - Chickpeas
  - Flageolet
  - French
  - Green
  - Haricot
  - Kidney
  - Lentils
  - Mixed pulses
  - Mung
  - Pinto
  - Runner
  - Soya
  - Split peas
- **Beef:**
  - Braising steak, lean
  - Fillet steak, lean
  - Mince, extra-lean
  - Rump steak, lean
  - Silverside, lean
  - Sirloin steak, lean
  - Stewing steak, lean
- **Bread, brown calorie-controlled**
- **Buckwheat**
- **Bulgur wheat**
- **Cheese:**
  - Cottage, reduced fat, natural
  - Quark
- **Chicken:**
  - Breast, skinless
  - Drumstick, skinless
  - Leg, skinless
  - Mince
  - Wafer thin
- **Couscous, wholewheat**
- **Crabsticks**
- **Crumpets**
- **Egg:**
  - Duck
  - Goose
  - Hen
  - Quail
  - White
- **Fish:**
  - Cod
  - Cod, smoked
  - Coley
  - Dover sole
  - Grouper
  - Haddock
  - Haddock, smoked
  - Hake
  - Halibut
  - Herring roe, soft
  - Hoki
  - John Dory
  - Lemon sole
  - Monkfish
  - Mullet
  - Orange roughy
  - Pike
  - Plaice
  - Pollock
  - Red snapper
  - Rock salmon
  - Salmon
  - Salmon, tinned, pink/red
  - Sardines
  - Sea bass
  - Sea bream (red fish)
  - Shark
  - Skate
  - Squid
  - Swordfish
  - Tilapia
  - Trout
  - Trout, smoked
  - Tuna
  - Tuna in brine/spring water
  - Turbot
  - Whiting
- **Fromage frais, natural, fat-free**
- **Fruit:**
  - Fresh (except avocado)
  - Frozen
  - Tinned in natural juice, drained
- **Gammon steak**
- **Garlic**
- **Ginger**
- **Goat**
- **Guinea fowl**
- **Ham:**
  - Premium
  - Pre-packed slices
  - Wafer thin
- **Heart, lamb's**
- **Herbs, fresh**
- **Jelly, sugar-free**
- **Kidney:**
  - Lamb
  - Pig
- **Liver:**
  - Calf
  - Chicken
  - Lamb
  - Ox
  - Pig
- **Milk:**
  - Skimmed
  - Unsweetened soya
- **Millet**
- **Nori**
- **Oat bran**
- **Oats**
- **Octopus**
- **Partridge**
- **Passata**
- **Pasta, wholewheat**
- **Pigeon**
- **Popping corn**
- **Pork:**
  - Escalope
  - Fillet, lean
  - Leg, lean
  - Loin steak, lean
  - Mince, extra-lean
  - Shoulder, lean
  - Tenderloin
- **Potatoes, all types**
- **Puffed wheat, no added sugar or salt**
- **Quail**
- **Quinoa**
- **Quorn:**
  - Bacon-style rashers
  - Fillet
  - Mince
  - Pieces
- **Rabbit**
- **Rice, brown**
- **Sandwich thins, brown**

- **Shellfish:**
  - Clams
  - Cockles
  - Crab
  - Crab in brine, drained
  - Crayfish
  - Lobster
  - Mussels
  - Oysters
  - Prawns, all types
  - Scallops
  - Shrimps
  - Whelks
  - Winkles
- **Soya mince**
- **Tofu, regular/smoked**
- **Turkey:**
  - Breast mince
  - Breast, skinless
  - Roasted, skinless
  - Steak
  - Thigh, skinless
  - Wafer thin
- **Veal escalope**
- **Vegetables:**
  - Fresh
  - Frozen
  - Tinned in water or brine
- **Venison, lean**
- **Weight Watchers:**
  - Brown Danish Bread
  - Crumpets
  - Extra Trimmed Bacon
  - Original Breakfast Oats
  - Petits Pains
  - Pitta Breads, white and wholemeal
  - Tortillas
  - Wraps
- **Wheat bran**
- **Wheat germ**
- **Wholegrain wheat cereal (such as Shredded Wheat)**
- **Yam**
- **Yogurt:**
  - Greek, 0% fat natural
  - Fat-free natural
  - Low-fat natural
  - Soya, plain

## UNLIMITED FLAVOUR BOOSTERS AND DRINKS

- Artificial sweetener
- Balsamic vinegar
- Capers
- Chilli, fresh, dried or flakes
- Curry powder
- Fat-free salad dressing
- Fish sauce (Nam Pla)
- Garlic
- Ginger
- Harissa paste
- Herbs and spices, fresh and dried
- Hot pepper sauce (Tabasco)
- Lemongrass
- Lemon juice
- Lime juice
- Mustard, any type
- Salt and pepper
- Soy sauce
- Stock cubes
- Tomato purée
- Vanilla extract
- Vinegar
- Worcestershire sauce
- Weight Watchers Bag 'n' Bake
- Yeast extract (Marmite)
- Zest of citrus fruits

## HELP YOURSELF TO DRINKS

- Coffee, black or with skimmed milk (without sugar)
- Tea, black or with skimmed milk (without sugar)
- Diet drinks • Sugar-free squash
- Water, still or fizzy
- Herbal and fruit teas
- Weight Watchers No Added Sugar Juice Drinks

## EXTRA TREATS

- Almonds, 8
- Avocado, 60g
- Butter, 2 tsp
- Cashews, 10
- Cheese slice, 1
- Chocolate nut spread, 2 tsp
- Chocolate, 2 squares
- Cream, single, 3 tbsp
- Custard, low-fat, ready-to-serve, 150g pot
- Drinking chocolate, 1 tbsp
- Feta, 40g
- Flour, any type, 1 level tbsp
- Fruit yogurt, fat-free, 1 small pot, 150g
- Gravy granules, 2 tsp
- Honey, 1 heaped tsp
- Houmous, reduced-fat, 1 tbsp
- Ice cream, low-fat, 1 scoop
- Jaffa cake, 2
- Jam or marmalade, 2 tsp
- Lager, ½ pint or 330ml bottle
- Lemonade, 1 can
- Low-fat soft cheese, 50g
- Low-fat spread, 2 tsp
- Malt loaf, 1 small slice
- Mayonnaise, reduced-fat, 1 tbsp
- Meringue nest, 1
- Oil, any type, 1 tsp\*
- Olives in brine, 10
- Orange or apple juice, unsweetened, 1 small glass, 150ml
- Parmesan, 15g
- Pesto, 1 level tbsp
- Pistachios, 15
- Quorn sausage, 1
- Salad cream, 2 tbsp
- Smoked salmon, 60g
- Spirits, single pub measure, 25ml
- Sugar, 1 tsp
- Tomato ketchup, 2 tbsp
- Weetabix, 2 biscuits
- Weight Watchers Cake Slice, any type, 1 cake
- Weight Watchers Cookies, 1 twin-pack
- Weight Watchers Iced Desserts, 1 pot
- Weight Watchers Premium Pork sausages, 2
- Weight Watchers Reduced Fat Mature Cheese, 50g
- Weight Watchers Yogurt or Fromage Frais, any flavour, 1 pot
- Wine, red, rosé, dry white, sparkling, 1 small glass
- Yorkshire pudding, 1 small

Available to buy in the online shop (or at your meeting)

- Weight Watchers Biscuits, 1 biscuit
- Weight Watchers Caramel Latte, 1 sachet
- Weight Watchers Fruit Bears, 1 bag
- Weight Watchers Savoury Snacks, 1 bag
- Weight Watchers Snack Bars, 1 bar

\*If you have already had your 2 tpsps daily allowance (2 tpsps are included for free each day for good health).