WEIGHT WATCHERS zero points

Apples Applesauce Apricots Banana Berries.

Cherries Clementines Cranberries Dates: Dragon Fruit Guavas Cantaloupe Figs

Fruit Cocktail Jack Fruit Lychees Fruit Cup Grapefruit Grapes: Honeydew

Jicama Kiwi Kumquat Orange Lemon Lime

Mangoes Nectarine: Papaya

Peach. Pear Pineapple Plum. Plumcots. Passionfruit Pomegranate

Pumpkin Starfruit Watermelon

VEGETABLES

Arrowroot Artichoke hearts **Artichokes** Arugula Asparagus Bamboo shoots

Beans Beets. Broccoti. Broccoli rabe

Broccoli slaw Broccolini Brussels sprouts Daikon Cabbage Carrots Cauliflower Celery Swiss chard Colestaw Collards.

Com Cucumber Edamame Eggplant **Endive** Escarole **Eennel** Greens. Hearts of Palm

Kohlrabi. Mung dal Mushrooms Okra Onions Peas. Peppers Pepperoncinis Pickles, unsweetened Pico de gallo

Pimientos, canned Radiochio Rutabagas Saladi Scallions **Shallots** Spinach Sprouts

MEAT/SEAFO

Calamari Caviar Chicken Fish (list below) Fish Fillet

Jerk Breast Chicken Nori Seaweed Sashimi Satay, chicken, without peanut sauce

Shellfish Tofu. Turkey Breast Turkey, ground

Salsa Sauerkraut Yogurt, Greek. plain, nonfat, unsweetened

Yogurt, plain, nonfat, unsweetened Yogurt, soy, plain

Weight Watcher At Home Guide

Bob Sehlinger

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