

WEIGHT WATCHERS

Zero SmartPoint Foods

PROTEIN

- calamari, grilled
- calamari
- chicken breast or tenderloin, boneless, skinless
- eggs
- fish, grilled or baked
- shellfish
- tofu
- turkey breast
- ground chicken or turkey 98% fat free
- Greek yogurt, nonfat, unsweetened
- yogurt, plain unsweetened
- yogurt, plain soy

FRUITS

- apples
- applesauce, unsweetened
- apricots
- banana
- blackberries
- blueberries
- cantaloupe
- cherries
- clementines
- cranberries
- dates
- dragon fruit
- figs
- fruits cocktail, unsweetened
- grapes
- grapefruit
- guava
- honeydew
- jackfruit
- kiwi
- kumquats
- lemon
- lime
- mangos
- nectarine
- oranges

- oranges
- papaya
- passion fruit
- peaches
- pears
- persimmons
- pineapple
- plums
- pluots
- pomegranates
- pomelo
- raspberries
- starfruit
- strawberries
- tangelo
- tangerine
- watermelon

VEGGIES

- artichoke hearts
- artichokes
- arugula
- asparagus
- beets
- broccoli
- brussels sprouts
- cabbage
- carrots
- cauliflower
- celery
- Swiss chard
- coleslaw mix
- collards
- corn
- cucumber
- edamame
- eggplant
- endive
- fennel
- eggplant
- endive
- fennel
- garlic
- ginger root
- greens
- hearts of palm
- jicama
- leeks
- lentils

- lettuce
- mushrooms
- okra
- onion
- peas
- pimentos
- pumpkin
- peppers, all varieties
- pico de gallo
- pickles, unsweetened
- pepperocini
- radicchio
- radishes
- rutabagas
- salad, without dressing
- salsa, fat-free
- scallions
- sauerkraut
- shallots
- spinach
- sprouts
- squash, all varieties
- succotash
- tomatoes
- tomatillos
- turnips
- water chestnuts
- watercress

STARCHES/OTHER

- arrowroot
- bamboo shoots
- beans-black, broad, butter, cannelloni, chickpeas, great northern, kidney, navy, string, snap, white
- beans, refried



No Tracking
No tracking or measuring these foods!



No Hunger
Take advantage of these healthy food choices to stay full and satisfied through the day



Clinically Proven
Lose weight while eating these foods without tracking.