Weight Watchers Zero Point Foods 2018 Free Printable PDF

This is a free grocery list of Zero Points foods from Weight Watchers. Eat as much as you want and don't feel guilty.



- [ ] Apples
- [ ] Unsweetened Apple Sauce
- [ ] Apricots
- [ ] Arrowroot
- [ ] Artichoke hearts
- [ ] Artichokes
- [ ] Arugula
- [ ] Asparagus
- [ ] Bamboo shoots
- [ ] Banana
- [ ] Beans, including adzuki, black, broad (fava), butter, cannellini, cranberry (Roman), green, garbanzo (chickpeas), great northern, kidney, lima, lupini, mung, navy, pink, small white, snap, soy, string, wax, white
- [ ] Beans, refried, fat-free, canned
- [ ] Beets
- [ ] Berries, mixed
- [ ] Blackberries

- [ ] Blueberries
- [ ] Broccoli
- [ ] Broccoli rabe
- [ ] Broccoli slaw
- [ ] Broccolini
- [ ] Brussels sprouts
- [ ] Cabbage, all varieties including Chinese (bok choy), Japanese, green, red, napa, savory, pickled
- [ ] Calamari, grilled
- [ ] Cantaloupe
- [ ] Cauliflower
- [ ] Caviar
- [ ] Celery
- [ ] Swiss chard
- [ ] Cherries
- [ ] Chicken breast, ground, 99% fat-free
- [ ] Chicken breast or tenderloin, skinless, boneless or with bone
- [ ] Clementines
- [ ] Coleslaw mix (shredded cabbage and carrots), packaged
- [ ] Collards
- [ ] Corn, baby (ears), white, yellow, kernels, on the cob
- [ ] Cranberries
- [ ] Cucumber
- [ ] Daikon
- [ ] Dragon fruit
- [ ] Edamame, in pods or shelled
- [ ] Egg substitutes
- [ ] Egg whites
- [ ] Eggplant
- [ ] Eggs, whole, including yolks
- [ ] Endive
- [ ] Escarole
- [ ] Figs
- [ ] Fennel (anise, sweet anise, or finocchio)

- [ ] Fish: anchovies, arctic char, bluefish, branzino (sea bass), butterfish, carp, catfish, cod, drum, eel, flounder, gefilte fish (stiore-bought), grouper, haddock, halibut, herring, mackerel, mahimahi (dolphinfish), monkfish, orange roughy, perch, pike, pollack, pompano, rainbow trout (steelhead), rockfish, roe, sablefish (including smoked), salmon (all varieties), salmon, smoked (lox), sardines, sea bass, smelt, snapper, sole, striped bass, striped mullet, sturgeon (including smoked); white sucker, sunfish (pumpkinseed), swordfish, tilapia, tilefish, tuna (all varieties), turbot, whitefish (including smoked), whitefish and pike (store-bought), whiting
- [ ] Fish fillet, grilled with lemon pepper
- [ ] Fruit cocktail
- [ ] Fruit cup, unsweetened
- [ ] Fruit salad
- [ ] Fruit, unsweetened
- [ ] Garlic
- [ ] Ginger root
- [ ] Grapefruit
- [ ] Grapes
- [ ] Greens: beet, collard, dandelion, kale, mustard, turnip
- [ ] Greens, mixed baby
- [ ] Guavas
- [ ] Guavas, strawberry
- [ ] Hearts of palm (palmetto)
- [ ] Hominy, canned
- [ ] Honeydew melon
- [ ] Jackfruit
- [ ] Jerusalem artichokes (sunchokes)
- [ ] Jicama (yam bean)
- [ ] Kiwifruit
- [ ] Kohlrabi
- [ ] Kumquats
- [ ] Lemons
- [ ] Leeks
- [ ] entils
- [ ] Lemon zest
- [ ] Lettuce, all varieties
- [ ] Lime

- [ ] Lime Zest
- [ ] Litchis (lychees)
- [ ] Mangoes
- [ ] Melon balls
- [ ] Mung bean sprouts
- [ ] Mung dal
- [ ] Mushroom caps
- [ ] Mushrooms, all varieties including brown, button, crimini, Italian, portabella, shiitake
- [ ] Nectarine
- [ ] Oranges, all varieties including blood
- [ ] Okra
- [ ] Onions
- [ ] Papayas
- [ ] Parsley
- [ ] Passion fruit
- [ ] Pea shoots
- [ ] Peaches
- [ ] Peapods, black-eye
- [ ] Pears
- [ ] Peas and carrots
- [ ] Peas: black-eyed, chickpeas (garbanzo), cowpeas (blackeyes, crowder, southern), young pods with seeds, green, pigeon, snow (Chinese pea pods); split, sugar snap
- [ ] Peppers, all varieties
- [ ] Pepperoncini
- [ ] Persimmons
- [ ] Pickles, unsweetened
- [ ] Pico de gallo
- [ ] Pimientos, canned
- [ ] Pineapple
- [ ] Plumcots (pluots)
- [ ] Plums
- [ ] Pomegranate seeds
- [ ] Pomegranates

- [ ] Pumpkin
- [ ] Pomelo (pummelo)
- [ ] Pomelo (pummelo)
- [ ] Pumpkin puree
- [ ] Radicchio
- [ ] Radishes
- [ ] Raspberries
- [ ] Rutabagas
- [ ] Salad, mixed greens
- [ ] Salad, side, without dressing, fast food
- [ ] Salad, three-bean
- [ ] Salad, tossed, without dressing
- [ ] Salsa, fat free
- [ ] Salsa, fat free; gluten-free
- [ ] Sashimi
- [ ] Satay, chicken, without peanut sauce
- [ ] Sauerkraut
- [ ] Seaweed
- [ ] Satsuma mandarin
- [ ] Seaweed
- [ ] Scallions
- [ ] Shallots
- [ ] Shellfish: abalone, clams, crab (including Alaska king, blue, dungeness, lump crabmeat, queen) crayfish, cuttlefish, lobster (including spiny lobster), mussels, octopus, oysters, scallops, shrimp, squid
- [ ] Spinach
- [ ] Squash, summer (all varieties including zucchini)
- [ ] Sprouts, including alfalfa, bean, lentil
- [ ] Squash, winter (all varieties including spaghetti)
- [ ] Starfruit (carambola)
- [ ] Strawberries
- [ ] Tangelo
- [ ] Tangerine
- [ ] Taro

- [ ] Tofu, smoked
- [ ] Tofu, all varieties
- [ ] Tomatillos
- [ ] Tomato sauce
- [ ] Tomato puree
- [ ] Tomatoes, all varieties including plum, grape, cherry
- [ ] Turkey breast, ground, 99% fat-free
- [ ] Turkey breast or tenderloin, skinless, boneless or with bone
- [ ] Turkey breast, skinless, smoked
- [ ] Turnips
- [ ] Vegetable sticks
- [ ] Vegetables, stir fry, without sauce
- [ ] Water chestnuts
- [ ] Watercress
- [ ] Watermelon
- [ ] Yogurt, Greek, plain, nonfat, unsweetened
- [ ] Yogurt, plain, nonfat, unsweetened
- [ ] Yogurt, soy, plain

Make and Share Free Checklists
checkli.com