

Weight Watchers

Zero points food list (Blue plan - former freestyle plan)

Fruits

Apples
Cherries
Fruit Cocktail
Jack Fruit
Lychees
Peach
Applesauce
Clementines
Fruit Cup
Jicama
Mangoes
Pear
Apricots
Cranberries
Grapefruit
Kiwi
Nectarine
Banana
Dates
Grapes
Kumquat
Orange
Pineapple
Plum
Berries
Dragon Fruit
Guavas
Lemon
Papaya
Plumcots
Cantaloupe
Figs
Honeydew
Lime
Passionfruit
Pomegranate
Pumpkin
Starfruit
Watermelon

Vegetables

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
garlic
ginger root
greens
hearts of palm
jicama
leeks

lentils, all types
lettuce
mushrooms
okra
onions, all types
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

Plant Protein

Tofu
Tempeh
Beans
Lentils & legumes

Dairy

yogurt, Greek: plain, nonfat
yogurt, plain: plain, nonfat
yogurt, soy: plain, nonfat

Sauces etc

lemon, lime zest
salsa / pico de gallo
tomato sauce
tomato puree

Vegetarian
FOODS

Munchyesta.com

vegan & vegetarian recipes