

WW FreeStyle Slow Cooker Shopping List

PRODUCE

2 red bell peppers
3 green bell peppers
1 yellow bell pepper
19 yellow onions
1 red onion
8 heads garlic
2 tomatoes
4 jalapenos
3 pound whole carrots
2 pounds baby carrots
32 ounces sliced mushrooms
6 heads broccoli (or frozen equivalent)
1 pound celery stalks
1 pack Green onions
1 pound fresh green beans
2 medium sweet potatoes
1 ½ pounds potatoes
Fresh ginger (small piece)
2 large bunches fresh basil
1 large bunch fresh cilantro
4 limes
3 lemons

PANTRY

16 ounces dried great northern beans soaked
Small Package Beef Bouillon Cubes (at least 7 needed)
1 box/package Whole Wheat Seasoned Breadcrumbs
12 ounces angel hair pasta
1 container grated Parmesan Cheese
½ Cup Pearl Barley
1 Onion Soup Mix
1 Chicken Gravy Mix (McCormicks)
Olive Oil
Flour
Sugar
Cornstarch
Brown Sugar
Xanthan gum
Cooking Spray

FROZEN

10 ounce cut green beans
64 ounces Frozen Broccoli (if not using fresh florets for various recipes)
1 32 ounce bag Southern Style Diced Frozen Potatoes

CANNED

Large Jar Salsa
2 cans rotel
2 cans corn
1 can green beans
1 can garbanzo beans
1 can crushed tomatoes
2 6 ounce cans tomato paste
4 cans black beans
1 can white cannellini beans
1 can pinto beans
1 can kidney beans
5 cans vegetable broth (or 1 large 32 ounce carton and 1 12 ounce can)
1 20 ounce can crushed tomatoes
3 32 ounce cartons beef broth
8 32 ounce cartons chicken broth
4 can 98% fat-free cream of chicken soup
1 can low-fat evaporated milk
2 cans Light Canned Coconut Milk
2 12 ounce cans tomato sauce
1 8 ounce can diced green chiles
1 8 ounce can crushed pineapple
1 can Campbell's Healthy Request Condensed Cheddar Cheese Soup

MEAT

½ pound bacon
1 pound beef stew meat
99% fat free ground turkey breast (1 pack)
13 pounds boneless skinless chicken breasts
1 lb. lean and trimmed beef strip sirloin
1 lb. 93% Lean Ground Beef
3-4 pound rump roast
4 pound pork roast
3 pound lean beef chuck roast

CONDIMENTS

Soy Sauce
Ketchup
Dijon Mustard
Balsamic Vinegar
Red Wine Vinegar
Worcestershire Sauce
Liquid Smoke
Honey

SEASONINGS

Salt
Black Pepper
Chili Powder
Cumin
Cayenne Pepper
Garlic Powder
Paprika
Cumin
Curry Powder
Cinnamon
Garam Masala
Red Pepper Flakes
Bay Leaf
Ground Ginger
Dried Basil
Dried Dill
Dried Thyme
Dried Rosemary
Dried Oregano
Italian Seasoning Blend
Cajun Spice Blend (Tony Chachere)
Mrs. Dash Herb Blend
Black Peppercorns
Sesame seeds

DAIRY

8 ounces fat free cream cheese
2 8 ounce cartons fat-free plain Greek yogurt
16 ounce container fat free sour cream
1 package Butter
38 ounces fat free half and half (½ gallon plus 1 pint)
2 Cup Package Fat Free Shredded Cheddar Cheese
8 ounce Low-Fat Part-Skim Mozzarella Cheese (block or shredded)
32 ounces 2% Cheddar Cheese (block or shredded)

OTHER

24 low-fat baked tortilla chips
Light hamburger buns (7-8)
Red Cooking Wine