

# Lori's Favorite Foods Shopping List

YouTube Review [Here](#)

Check out the public page: [Vegans of Weight Watchers](#) for ever-growing photo albums organized by meal type of yummy vegan food!



## Trader Joe's

### **Refrigerated Section:**

- Balela: 2 pts/container - Check out the recipe to recreate in the "Lunch/Dinner" photo album on the public FB Page!
- Green Goddess Salad Dressing: 4 tbsl + 1 pt - OBSESSED! I use it as pesto on sandwiches, pasta. I make cold broccoli salad, or steamed veggies, and of course, as salad dressing! **MUST HAVE!!!!**
- Fresh Bruschetta: 1 pt for 2 tbsl - A little goes a long way! **MUST HAVE!!!!** I don't use oil for anything anymore with this in my fridge, SO flavorful! I use it on steamed veggies, saute veggies, protein, pasta as a primavera, mix with the lentils below, or an actual bruschetta - Make sure it's the FRESH one, not the jar.
- Pre-made Steamed Lentils: *Mix one package with one tub bruschetta for a YUM fast treat. I even heat on stovetop and add spinach...*
- Hummus Veggie Wrap: 6 pts/wrap (2 wraps in package): This can easily be recreated at home for less pts, BUT, If you're in a rush and need a grab & go, 6 pts for one wrap (package includes two).
- Plain Classic Vegan Cream Cheese Alternative: 4 pts for 2 tbsl - I personally don't eat cream cheese, but it's here!
- Beef Less Ground Beef Crumbles:  $\frac{3}{4}$  cup = 2 pts. Use them ANYWHERE, chili, tacos...

## **Trader Joe's Continued**



### **Dry Section:**

- Everything Flavored Pretzel Slims: 3 pts for 23 pieces - The non- Trader Joe's pretzel slims are 5 pts for the same amount. **MUST HAVE!!!!**
- Savory Thin Mini Crackers: 3 pts for 35 crackers. **MUST HAVE!!!!**
- Savory Thin Mini Edamame Crackers: 3 pts for 35 crackers. **MUST HAVE!!!!**
- Multi-seed w/ Soy Sauce Savory Thin Mini Rice Crackers: 3 pts for 35 crackers.
- Original Multigrain Bread: 2 pts for one slice, 4 pts for two. (make sure you get the right one to save that point when you double the serving).
- Sonoma Carb Cutting Tortillas: 1 pt for 1 tortilla. IMO there are WAY better tortillas in the "Snacks, Sauces & Misc Finds" photo album section of the public page, but some like these too!
- PB&J Bar: 6 pts.
- ABC Almond Butter Cocoa Bar: 5Pts - [YouTube Review Here](#)
- Veggie Sticks: 4 pts for 50 sticks - I dial back to save points
- Salted Tortilla Chips: 4 pts for 15 chips
- Panini Half Baked Bread: 4 pts for 1 roll - REGIONAL LA ITEM - [YouTube Review Here](#) **MUST HAVE!!!!**
- Whole Wheat Multigrain British Muffin: 3 pts
- Spinoza Bagel: 6 pts - I have ½ w/ PB2
- Dolma: 4 pts for 4 dolma
- Organic Low Sodium Veggie Broth: 0 pts
- Reduced Fat Mayo Dressing: 1 pt for 1 tbs

## **Trader Joe's Continued**



### **Dry Section Continued:**

- TJ Sea Salt and Turbinado Sugar Dark Chocolate Almonds: 2 = 2 pts - I'll have 2 a day, I've NEVER deprived or I'll binge later. They are rich so they totally satisfy the sweet tooth. Remember.... Just because it is a serving, doesn't mean you have to eat that serving!
- Better'n Peanut Butter: 2 tbls = 3 pts. Basically activated PB2 Review [HERE](#) on YouTube
- Semi-sweet Chocolate Chips: 4 pts for 1 tbls. High in pts but THE best for baking special treats I take places... NO one will know they are vegan!  
**MUST HAVE!!!!**

### **Frozen Section:**

- Penne Arrabiata: 9 pts for 1.5 cups cooked - always measure, each bag varies usually with less so you save a few points!
- Mini Cinnamon Sugar Churros: 10 items for 8 points... Don't forget...you don't have to eat the whole serving, I usually have 4-5. **MUST HAVE!!!!**
- Soy Creamy Mini Vanilla Sandwiches: 4 pts for 1 sandwich
- Zucchini Fries: 4 pts for 1 cup
- Shredded Hash Browns: 2 pts for 3 oz
- Handsome Cut Potato Fries: 3 oz = 5 pts - remember, just because it IS a serving, doesn't mean you have to EAT the serving!

## Other “Must Have” Foods

Reviews [Here](#) on YouTube

*\* As with ANY product google their product locator to find them near you!*



## Vegan Meat Alternatives ~ I AM OBSESSED WITH

*\* As with ANY product google their product locator to find them near you!*

### Gardein: My #1

Watch my reviews of my faves [HERE](#) on YouTube

- Seven Grain Crispy Tenders: 3pts for 3 tenders
- The Ultimate Beefless Burger: 3pts for 1 burger patty
- Fishless Filet: 5pts for 2 filets
- Classic Meatless Meatballs: 3pts for 3 meatballs
- Chipotle Lime Crispy Fingers: 5pts for 2 fingers
- The Ultimate Beefless Slider: 4pts for 1 slider
- Crispy Chick'n Sliders: 5pts for 1 slider
- Savory Stuffed Turk'y: 7pts for 1 whole roast



## Other “Must Have” Foods

Check out the public page: [Vegans of Weight Watchers](#) for ever-growing photo albums organized by meal type of yummy vegan food!

*\* As with ANY product google their product locator to find them near you!*



## Vegan Meat Alternatives ~ I AM OBSESSED WITH

Watch my reviews of my faves [HERE](#) on YouTube

### Beyond Meat: My #2

- Beefy Beef Free Crumbles: ½ C = 2 pts
- Beyond Chicken Grilled Strips: 6 strips = 2pts
- The Beyond Burger: 8pts for 1 pattie





👉🌱🤔 **WANT MORE? MY WW Secrets** 🤔🌱👉



Help Grow Our Community and use  
**#VEGANSOFWEIGHTWATCHERS & #VEGANSofWW**  
on all social media!

~ IG: @vegansofweightwatchers\_ww

~ Twitter/Snapchat @VEGANSofWW

🌱 Public FB Page: [VEGANS OF WEIGHT WATCHERS](#) for My “Tips & Tricks” Document, Growing Food Photo Albums and More!

🌱 Closed FB Group: :[VEGANS of WEIGHT WATCHERS - THE GROUP](#) - Non - vegans welcome!

🌱 YouTube: [VEGANS OF WEIGHT WATCHERS LORI M.](#)

🌱 How I Did It: [ARTICLES & BREAKING THE BINGE SERIES](#) on Simple Nourished Living

🌱 Struggle with Binge Eating? Join the closed FB Group: [BREAKING THE BINGE](#)

🌱 Veggie Doctor Radio [Guest Podcast](#)

**Lori M.** Connect @Lmanby  
**Support. Motivate. Inspire.**

# **Vegans of Weight Watchers, *Changing the World, One Point at a Time!***

\* Please note: I do not work for WW corporation.