



The new
weightwatchers

Kickstart your success with WW



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Launch into spring with WW

Spring is the perfect time to hit refresh, set new goals and dive into new challenges. Don't wait until the New Year to jumpstart your resolutions - get a head start on your weight-loss and wellness goals now! To help get you started we've created this guide to set you up with a simple introduction to healthy eating, regular movement and creating a positive mindset. If this is your first time with us, here's a quick overview of what you can expect on the WW program.

WW is not a diet. It's a way of living. Unlike other food fads and trends, the WW program gives you the freedom, flexibility, tools, tips and support to help you make lasting, positive change. Developed by our global team of health science experts and drawing upon decades of research, the WW program has been built to inspire healthy habits for real life – because unlike quick fixes, habits stick. The best part? With WW's patented SmartPoints® system, everything is on the menu, plus you'll enjoy moving more and discover the mindset skills you need to create wellness success.

Our SmartPoints system makes the science of healthier choices, simple. The SmartPoints system takes complex nutritional information and distils it down to one simple-to-use number, to help guide you toward a healthier pattern of eating. You'll learn how to make the best choices for your weight-loss and wellness goals, without giving up the foods you love. Plus, with over 200 ZeroPoint foods to choose from, you'll have more freedom and flexibility than ever before to enjoy the foods you love.

Find out more about SmartPoints and ZeroPoint foods at [ww.com](https://www.ww.com).





Buddha bowl



Cheat's
bouillabaisse



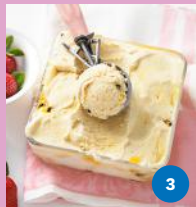
Poached eggs and
toast



Barbecue adobo
chicken



Rocket pesto pasta



Banana & passion-
fruit ice-cream



Indian-style
shakshuka



Marinated
mushroom salad



Korean tofu tacos



Tarragon chicken
rissoles



Beef quinoa
meatballs



Breakfast bars



Chocolate fudge
brownies



Salmon curry with
chilli & coconut



Chervil & salmon
custard tart



Pork sliders with
Asian slaw



Two-ingredient
pancakes



Rockmelon &
yoghurt pops



Thai-scented pork
meatball skewers



Smoky spiced red
capsicum dip

Share your favourite recipes on social media with **#wwrecipes**.

We want to show you how delicious weight-loss and wellness can be!

Kickstart your journey with...

...2 week meal planner filled with tasty breakfast, lunch, dinner and snack ideas

... helpful tips to get even more out of your meal plan

... ready-to-shop grocery list with everything you need for a week of meals

... 4-week walking fitness plan to get you moving

... helpful guide to hitting refresh on your mindset and spring cleaning your lifestyle

Recipe information

6 SmartPoints value per serve



Gluten-free



Dairy-free



Vegetarian



Vegan



Nut-free

Meal planner - Week 1



Monday

22

Breakfast

4

Berry overnight oats

Lunch

7

Tuna & rocket
toastie

Dinner

7

Chicken enchiladas

Snacks

4

Skim cappuccino
Piece of fruit
Air-popped popcorn



Tuesday

20

Breakfast

3

Scrambled eggs
with mushrooms on
whole grain toast

Lunch

7

Chicken enchiladas
(left-over from
dinner)

Dinner

4

Tofu & cashew
stir-fry

Snacks

6

Anna's apple pie
bliss ball
Piece of fruit
Raw cashews



Wednesday

22

Breakfast

4

Berry overnight oats

Lunch

6

Roast beef, chickpea
& tomato salad

Dinner

8

Tuna spelt pasta
bake

Snacks

4

Rice cakes with
reduced-fat ricotta
& tomato
Piece of fruit
Air-popped popcorn



Thursday 21

Breakfast 3

Scrambled eggs with mushrooms on whole grain toast

Lunch 8

Quinoa, chicken & broccoli salad bowl

Dinner 3

Middle Eastern lamb & lentil soup

Snacks 7

Raw cashews
99% fat-free plain yoghurt with fruit
Carrot sticks with low-fat hummus



Friday 23

Breakfast 7

Avocado & feta on toast

Lunch 7

Thai beef salad wrap

Dinner 8

Fish Tacos

Snacks 1

99% fat-free plain yoghurt
Piece of fruit
Air-popped popcorn



Saturday 22

Breakfast 4

Berry overnight oats

Lunch 6

Smashed chickpea, feta & salad wrap

Dinner 8

Mushroom, bacon, caramelised onion & spinach pizza

Snacks 4

Rice cakes with avocado & tomato
Piece of fruit
Boiled egg with chilli flakes



Sunday 21

Breakfast 4

Poached egg with avocado & tomato salsa

Lunch 7

Ricotta & tomato toastie

Dinner 7

Chicken & pineapple fried rice

Snacks 3

Carrot sticks with low-fat hummus
Can of tuna in spring water
Piece of fruit



Dinner

Chicken enchiladas

Serves 4 | Prep 20 min | Cook 30 min



300g skinless chicken breast, sliced
1 red onion, sliced
1 red capsicum, sliced
1 garlic clove, crushed
 $\frac{1}{2}$ tsp ground cumin
2 x 125g cans corn kernels, drained
 $\frac{3}{8}$ cup red kidney beans, rinsed, drained
300ml passata
 $\frac{3}{4}$ cup chopped coriander
4 x 40g wholemeal tortillas
100ml light sour cream
 $\frac{1}{4}$ cup grated reduced-fat mozzarella cheese

8

1. Preheat oven to 200°C. Lightly spray an 18cm x 22cm rectangular baking dish with oil.

2. Lightly spray a large non-stick frying pan with oil and heat over medium-high heat. Cook chicken, turning, for 5 minutes. Add onion and capsicum and cook, stirring, for 4 minutes or until softened. Add garlic and cumin and cook, stirring for 1 minute. Add corn, beans and 200ml passata and stir to

combine. Bring to the boil. Reduce heat and simmer for 1 minute. Stir through 2 tablespoons coriander.

3. Divide chicken mixture between tortillas and roll up tightly. Place, seam-side down, in prepared dish. Mix remaining passata and sour cream in a jug. Pour over top of enchiladas and sprinkle with cheese. Bake for 15-20 minutes or until golden. Sprinkle with remaining coriander to serve.

Monday

Breakfast

Berry overnight oats

Serves 1 | Prep 5 min | Chilling time 8 hrs



Layer **35g oats**, **200g 99% fat-free plain yoghurt** and **150g frozen berries** in a jar or bowl. Cover and refrigerate overnight. In the morning, stir to combine the layers, top with **50g frozen berries** (thawed) and enjoy.

Lunch

Tuna & rocket toastie

Serves 1 | Prep 5 min | Cook 4 min



Sandwich **30g reduced fat feta**, **1 can tuna in springwater** and **1 cup rocket** between **2 slices of whole grain bread**. Cook in a sandwich press for 2-4 minutes or until golden.

Snacks

Skim cappuccino



Piece of fruit



1 cup air-popped popcorn



Helpful Tip

For more recipes like Chicken Enchiladas, meal planners and helpful tips on establishing a Healthy Kitchen, check out the **The Essential WW Freestyle Cookbook** available in workshops and at: ww.com/au/shop



Dinner Tofu & cashew stir-fry

Prep 5 min | Cook 10 min | Serves 4



1 tbs canola oil
650g firm tofu, cut into pieces, drained
4 green shallots, sliced
1 tbs minced ginger
2 garlic cloves, crushed
500g pkt frozen stir-fry vegetables
2 tbs reduced-salt soy sauce
2 tbs sweet chilli sauce
2 tbs lime juice
¼ cup unsalted roasted cashews, chopped

1. Heat a wok over high heat. Add oil and heat for 10 seconds. Stir-fry tofu for 3–4 minutes or until light golden. Transfer to a plate.

2. Add shallots, ginger and garlic to wok and stir-fry for 1 minute or until fragrant. Add vegetables and stir-fry for 5 minutes or until tender. Return tofu to wok with soy

sauce, chilli sauce and juice and stir-fry until heated through. Sprinkle stir-fry with cashews to serve.

Tuesday

Breakfast

Scrambled eggs with mushrooms on whole grain toast

Serves 1 | Prep 5 min | Cook time 3 min



Pan-fry **100g button mushrooms** (halved) with **1 tsp olive oil** until golden. Season with salt and pepper. Transfer to a plate and keep warm. Whisk **2 eggs** in a jug. Pour egg mixture into pan lightly sprayed with oil and cook, stirring, until cooked to your liking. Top **1 slice whole grain bread** (toasted) with eggs and mushrooms.

Lunch

Chicken enchiladas

Prep 1 min | Cook 5 min | Serves 1



Re-heat one chicken enchilada left-over from dinner the night before.

Snacks

Anna's apple pie bliss ball



Serves 15 | Prep 15 min | Cook time 15 min + chilling

Process **100g rolled oats**, **12 fresh dates**, **1 tbs maple syrup**, **2 tbs no-added-sugar apple puree**, **30g desiccated coconut**, **½ tsp vanilla essence**, **½ tsp ground nutmeg**, **1 tsp ground cinnamon** and a pinch of salt in a food processor until mixture forms a thick paste. Roll tablespoons of mixture into 15 balls. Cover and chill in fridge until firm.

Piece of fruit



20g raw cashews



Helpful Tip

Discover more recipes from WW member Anna Van Dyken by following her on Facebook @ [feedmehealthywithanna](#), or create your own recipes via the recipe builder in the WW App.



Dinner

Tuna spelt pasta bake with parmesan gremolata

Prep 15 min | Cook 40 min | Serves 4

8



200g spelt pasta spirals
2 tsp olive oil
1 red onion, chopped
1 baby fennel bulb, chopped
2 garlic cloves, crushed
 $\frac{1}{2}$ tsp dried chilli flakes
400g can diced tomatoes
2 tbs tomato paste
1 zucchini, chopped
 $\frac{1}{4}$ cup pitted kalamata olives, sliced
185g can tuna in springwater, drained
 $\frac{1}{3}$ cup grated parmesan
2 tbs chopped flat-leaf parsley
2 tsp finely grated lemon rind

1. Preheat oven to 180°C. Spray a 1.5 litre capacity baking dish with oil.

2. Cook pasta in a large saucepan of boiling salted water, following packet instructions. Drain.

3. Meanwhile, heat oil in a large saucepan over medium heat. Cook onion and fennel, stirring, for 5 minutes or until softened. Add garlic and chilli and cook, stirring, for 1 minute. Add tomatoes, tomato paste, zucchini, olives, tuna and $\frac{1}{4}$ cup water

and bring to the boil. Reduce heat and simmer for 10 minutes or until thickened.

4. Add pasta and toss to combine. Spoon mixture into prepared dish and sprinkle with $\frac{1}{4}$ cup parmesan. Bake for 20 minutes or until top is golden.

5. Meanwhile, combine parsley, rind and remaining parmesan in a small bowl. Serve pasta bake sprinkled with parmesan mixture (gremolata).

Wednesday

Breakfast

Berry overnight oats

Serves 1 | Prep 5 min | Chilling time 8 hrs



Layer **35g oats**, **200g 99% fat-free plain yoghurt** and **150g frozen berries** in a jar or bowl. Cover and refrigerate overnight. In the morning, stir to combine the layers, top with **50g frozen berries** (thawed) and enjoy.

Lunch

Roast beef, chickpea and tomato salad

Serves 1 | Prep 5 min



Combine **100g deli-sliced roast beef** with **1 cup canned chickpeas** (rinsed, drained), **75g cherry tomatoes** (halved) and $\frac{1}{2}$ **Lebanese cucumber** (chopped). Drizzle with **1 tsp olive oil** and **2 tsp balsamic vinegar**. Serve with **1 slice whole grain bread** (toasted).

Snacks

2 rice cakes topped with $\frac{1}{4}$ cup reduced-fat ricotta and sliced tomato



Piece of fruit



1 cup air-popped popcorn



Helpful Tip

Overnight oats are super simple to prepare the night before. You can make these in bulk and store them in the fridge for the week ahead.



Dinner

Middle Eastern lamb & red lentil soup

Prep 10 min | Cook 30 min | Serves 4



350g lean lamb leg steak,
cut into 1cm pieces
1 brown onion, chopped
2 large carrots, diced
2 garlic cloves, crushed
2 tsp ground cumin
 $\frac{1}{2}$ tsp dried chilli flakes
1 cup dry red lentils, rinsed,
drained

1. Lightly spray a large saucepan with oil and heat over high heat. Cook lamb, stirring, for 3 minutes or until browned. Transfer to a plate.

2. Cook onion and carrot, stirring, for 5 minutes or until softened. Add garlic, cumin and chilli and cook, stirring, for 30 seconds. Add

lentils and 1 litre of water and bring to the boil. Reduce heat and simmer, covered, for 15 minutes or until lentils are tender and soup has thickened.

3. Add lamb and simmer for 1 minute or until heated through. Season with salt and pepper to serve.

Thursday

Breakfast

Scrambled eggs with mushrooms on whole grain toast

Prep 5 min | Cook 3 min | Serves 1



Pan-fry **100g button mushrooms** (halved) with **1 tsp olive oil** until golden. Season with salt and pepper. Transfer to a plate and keep warm. Whisk **2 eggs** in a jug. Pour egg mixture into same pan lightly sprayed with oil and cook, stirring, until cooked to your liking. Top **1 slice whole grain bread** (toasted) with eggs and mushrooms.

Lunch

Quinoa, chicken & broccoli salad bowl

Prep 5 min | Cook 10 min | Serves 1



Combine **125g microwave cup quinoa and brown rice**, **125g cooked skinless chicken breast fillet** (sliced), **1 cup steamed broccoli**, **75g cherry tomatoes** (halved), **1 tsp olive oil** and **2 tbs orange juice** in a bowl.

Snacks

20g raw cashews



99% fat-free plain yoghurt with fruit



Carrot sticks with ¼ cup low-fat hummus



Helpful Tip

A great way to add protein to your lunch is to buy a BBQ chicken, remove the skin and eat the breast—it's still a ZeroPoint food!



Dinner Fish tacos

Prep 10 min | Cook 10 min | Serves 2

8



80g green cabbage, finely shredded
1 green shallot, finely sliced
1 tbs light whole egg mayonnaise
1 tbs lime juice
1 large tomato, chopped
1 tbs chopped coriander, plus sprigs to serve
1 tsp chilli sauce
2 x 40g wholemeal tortillas
100g thick white fish
100g skinless salmon
 $\frac{1}{2}$ avocado, sliced

16

1. Combine cabbage, shallot, mayonnaise and lime juice in a small bowl. Season with salt and pepper.

2. Combine tomato, coriander and chilli sauce in another small bowl. Warm tortillas following packet instructions. Cover to keep warm.

3. Lightly spray a medium non-stick frying pan with oil

and heat over medium-high heat. Cook fish for 3 minutes each side or until browned. Remove from pan to a plate. Cut into cubes and combine.

4. Divide cabbage mixture, tomato mixture, avocado and fish between tortillas and fold over. Top with extra coriander sprigs to serve.

Friday

Breakfast

Avocado & feta on toast

Prep 5 min | Cook 5 min | Serves 1



Lightly mash $\frac{1}{4}$ **large avocado** and **30g reduced-fat feta cheese** in a bowl. Season with salt and pepper. Spoon onto **1 slice whole grain bread** (toasted) and top with **cherry tomatoes** (halved) and **rocket**.

Lunch

Thai beef salad wrap

Prep 5 min | Serves 1



Combine **1 tbs mashed avocado** and **1 tsp lime juice** in a small bowl. Season with salt and pepper. Spread **wrap** with avocado mixture. Top with **spinach**, **sliced tomatoes** and **cucumber**. Arrange **65g deli-sliced roast beef** on top and drizzle with **2 tsp sweet chilli sauce**. Sprinkle with **sliced red onion** and roll tightly.

Snacks

99% fat-free plain yoghurt with fruit



Piece of fruit



1 cup air-popped popcorn



Helpful Tip

This day ends up being a little higher in SmartPoints value, but still leaves you with plenty of SmartPoints from your weekly Budget and rollover Points you've accumulated earlier in the week. Try to stay in the Food tracking zone which is -10 to +5 of your daily SmartPoints Budget. Stick within this zone and you'll earn a Blue dot!



Dinner **Mushroom, bacon, caramelised onion & spinach pizza**

Prep 10 min | Cook 15 min | Serves 4

8



2 x 75g wholemeal
Lebanese bread rounds
2 tsp olive oil
75g short-cut bacon, fat
trimmed, chopped
300g Swiss brown
mushrooms, sliced
 $\frac{1}{2}$ cup no-added-salt
tomato paste
150g baby spinach leaves
 $\frac{1}{2}$ cup ready-made
caramelised onion
 $\frac{1}{2}$ cup reduced-fat ricotta
cheese, crumbled

18

1. Preheat oven to 200°C.
Line 2 baking trays with
baking paper. Place bread
on trays.

2. Heat oil in a large
non-stick frying pan over
medium-high heat. Cook
bacon and mushrooms,
stirring, for 3 minutes or
until golden.

3. Spread bread with tomato
paste. Reserve 2 cups (30g)

spinach. Top bases with
remaining spinach,
mushroom mixture, onion
and ricotta. Bake for 10
minutes or until bases are
golden and crisp. Serve
topped with reserved
spinach.

Saturday

Breakfast

Berry overnight oats

Prep 5 min | Chilling time 8 hrs | Serves 1



Layer **35g oats**, **200g 99% fat-free plain yoghurt** and **150g frozen berries** in a jar or bowl. Cover and refrigerate overnight. In the morning, stir to combine the layers, top with **50g frozen berries** (thawed) and enjoy.

Lunch

Smashed chickpea, feta & salad wrap

Prep 5 min | Serves 1



Place **1 cup canned chickpeas** (rinsed, drained) in a bowl with **30g reduced-fat feta cheese** and **2 tsp lemon juice**. Roughly mash with a fork. Spread **1 wrap** with chickpea mixture. Top with **½ sliced cucumber**, **1 small sliced tomato** and **20g baby rocket leaves**. Wrap to enclose filling.

Snacks

2 rice cakes with ¼ avocado and sliced tomato



Piece of fruit



Boiled egg sprinkled with chilli flakes



Helpful Tip

To add extra flavour to any dish (without adding extra SmartPoints), use any of the 200+ ZeroPoint foods including many herbs, spices, fruits and vegetables. Try and get creative with your pizza!



Dinner Chicken & pineapple fried rice

Prep 15 min | Cook 10 min | Serves 4



1 tbs sesame oil
2 eggs, lightly beaten
1 brown onion, chopped
2 red capsicum, chopped
2 garlic cloves, crushed
3 cups cooked brown rice
4 canned pineapple rings in
natural juice, drained and
chopped
400g skinless cooked
chicken breast, shredded
2 tbs teriyaki sauce
50g snow pea sprouts,
¼ cup coriander sprigs
20

1. Heat a wok over high heat. Add half the sesame oil and heat for 10 seconds. Add egg and swirl to coat wok. Cook for 1-2 minutes or until egg is almost set. Turn and cook for 20 seconds or until set. Transfer to a plate. Roll omelette and thinly slice.

2. Reheat wok over high heat. Add remaining sesame oil and heat for 10 seconds. Stir-fry onion and capsicum

for 1-2 minutes. Add garlic and stir-fry for 1 minute. Add rice, pineapple, chicken and teriyaki sauce and stir-fry for 2-3 minutes or until heated through.

3. Stir through sprouts and egg and cook until sprouts have wilted. Serve sprinkled with coriander.

Sunday

Breakfast

Poached egg with avocado & tomato salsa

Prep 5 min | Cook 10 min | Serves 1



Toast **1 slice of whole grain bread**. Combine **1 tomato** with $\frac{1}{4}$ **medium avocado** (diced). Serve toast with a poached **egg** and salsa.

Lunch

Ricotta & tomato toastie

Prep 5 min | Cook 4 min | Serves 1



Spread **2 slices whole grain bread** with $\frac{1}{2}$ **cup low fat-ricotta cheese**. Sandwich **1 sliced tomato** and **1 cup rocket**. Cook in a sandwich press for 2-4 minutes or until golden.

Snacks

Carrot sticks with $\frac{1}{4}$ cup low-fat hummus



Can of tuna in spring water



Piece of fruit



Helpful Tip

Over the week you've accumulated 8 rollovers to add to your weekly SmartPoints Budget – you can spend these how ever you choose and still lose weight!



Leah N.
WW Member

Week 1 shopping list

Pantry staples

Olive oil	<input type="checkbox"/>
Canola oil	<input type="checkbox"/>
Sesame oil	<input type="checkbox"/>
Oil spray	<input type="checkbox"/>
Balsamic vinegar	<input type="checkbox"/>
Sweet chilli sauce	<input type="checkbox"/>
Chilli flakes	<input type="checkbox"/>
Soy sauce (reduced salt)	<input type="checkbox"/>
Cumin	<input type="checkbox"/>
Nutmeg	<input type="checkbox"/>
Ground cinnamon	<input type="checkbox"/>
Vanilla essence	<input type="checkbox"/>
Teriyaki sauce	<input type="checkbox"/>

Fresh food aisle

200g baby spinach	<input type="checkbox"/>
100g rocket	<input type="checkbox"/>
80g cabbage	<input type="checkbox"/>
1 bunch green shallots	<input type="checkbox"/>
1 baby fennel	<input type="checkbox"/>

2 avocados	<input type="checkbox"/>
500g mushrooms	<input type="checkbox"/>
7 tomatoes	<input type="checkbox"/>
250g cherry tomatoes	<input type="checkbox"/>
2 cucumbers	<input type="checkbox"/>
1 broccoli	<input type="checkbox"/>
50g snow peas	<input type="checkbox"/>
1 zucchini	<input type="checkbox"/>
4 carrots	<input type="checkbox"/>
3 red capsicums	<input type="checkbox"/>
3 red onions	<input type="checkbox"/>
2 brown onions	<input type="checkbox"/>
12 dates	<input type="checkbox"/>
1 garlic knob	<input type="checkbox"/>
1 ginger knob	<input type="checkbox"/>
1 lemon	<input type="checkbox"/>
2 limes	<input type="checkbox"/>
1 orange	<input type="checkbox"/>
1 bunch coriander	<input type="checkbox"/>
1 bunch parsley	<input type="checkbox"/>
7 pieces of fruit for snacks	<input type="checkbox"/>

My notes

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Meal planner - Week 2



Monday

22

Breakfast

5

Mixed berry & bran
yoghurt

Lunch

7

Rice, black bean &
avocado salad

Dinner

3

Fennel-crusted pork
cutlets with lentils
& kale

Snacks

7

Piece of fruit
Rhubarb & apple
crumble



Tuesday

19

Breakfast

3

Spinach omelette

Lunch

7

Tuna, spinach &
roasted capsicum
toastie

Dinner

4

Chicken stir-fry with
black bean sauce

Snacks

5

Piece of fruit
Rice thin with
reduced-fat cheddar
cheese & tomato
Carrot & celery
sticks with hummus



Wednesday

19

Breakfast

5

Mixed berry & bran
yoghurt

Lunch

7

Rice, black bean &
avocado salad

Dinner

3

Baked chilli lime
salmon

Snacks

4

Piece of fruit
99% fat-free
plain yoghurt
20g mixed nuts



Thursday 20

Breakfast 3
Spinach omelette

Lunch 8
Salmon & avocado sandwich

Dinner 6
Cheat's lasagne

Snacks 3
Piece of fruit
Skim cappuccino
Can of corn kernels



Friday 23

Breakfast 7
Fruit & ricotta toast

Lunch 6
Cheat's lasagne (leftovers)

Dinner 7
Tex-mex chicken schnitzel with ZeroPoint salad

Snacks 3
Piece of fruit
99% fat-free plain yoghurt
Carrot & celery sticks with hummus



Saturday 23

Breakfast 3
Spinach omelette

Lunch 7
Tex-mex chicken schnitzel with ZeroPoint salad (leftovers)

Dinner 6
Sweet potato, chickpea & spinach curry

Snacks 7
Piece of fruit
99% fat-free plain yoghurt with nuts
Rice thins with reduced-fat ricotta & fruit



Sunday 22

Breakfast 7
Fruit & ricotta toast

Lunch 7
Tuna, spinach & roasted capsicum toastie

Dinner 8
The healthier cheeseburger

Snacks 0
Piece of fruit
Boiled egg sprinkled with paprika
Can of tuna in springwater



Dinner

Fennel-crusted pork cutlets with lentils & kale

Serves 4 | Prep 10 min | Cook 20 min



2 tsp fennel seeds, lightly crushed

2 tsp grated lemon rind

4 x 180g lean pork loin cutlets, fat trimmed

2 tsp olive oil

1 red onion, sliced

2 garlic cloves, sliced

400g can brown lentils, rinsed, drained

½ cup reduced-salt chicken stock

100g curly kale, chopped

150g roasted red capsicum (not in oil), sliced

1. Combine fennel and rind in a small bowl. Sprinkle fennel mixture evenly over pork.

2. Heat half the oil in a large non-stick frying pan over medium heat. Cook pork for 4 minutes each side or until cooked to your liking. Transfer to a plate.

3. Meanwhile, heat remaining oil in same pan over medium heat. Cook onion

and garlic, stirring, for 5 minutes or until softened. Add lentils, stock, kale and capsicum and cook, covered, for 2–3 minutes or until kale has wilted. Return pork to pan and cook, covered, for 2 minutes or until pork is heated through. Serve.

Monday

Breakfast

Mixed berry & bran yoghurt

Serves 1 | Prep 5 min



Top $\frac{3}{4}$ cup 99% fat-free plain yoghurt with 40g wheat bran, 1 cup fresh or frozen mixed berries and drizzle with 1 tsp maple syrup.

Lunch

Rice, black bean & avocado salad

Serves 1 | Prep 5 min



Place $\frac{1}{2}$ cup cooked brown rice in a bowl with 1 cup canned black beans (rinsed, drained), $\frac{1}{2}$ cup canned corn kernels (rinsed, drained), 1 handful baby spinach leaves and $\frac{1}{4}$ small avocado (diced). Drizzle with 2 tsp lime juice and 1 tsp olive oil.

Snacks

Piece of fruit



Rhubarb & apple crumble

Serves 4 | Prep 20 min | Cook 30 min



Preheat oven to 180°C. Lightly spray four 1-cup capacity ovenproof dishes with oil. Combine 3 sticks rhubarb (thinly sliced), 2 green apples (peeled, cut into 1cm pieces), 1 tbs caster sugar and 2 tablespoons water in a medium saucepan over medium heat. Cover and cook, stirring occasionally, for 5–7 minutes or until the fruit has softened, then spoon the cooked fruit evenly into prepared dishes. Combine $\frac{3}{4}$ cup plain flour, 2 tbs brown sugar and $\frac{1}{2}$ tsp cinnamon in a large bowl. Using your fingertips, rub in 2 tbs reduced-fat oil spread until mixture resembles breadcrumbs. Spoon crumble mixture over fruit, then bake for 15–20 minutes or until golden.

Helpful Tip

Over the week you will accumulate rollovers to add to your weekly SmartPoints Budget - you can spend these throughout the week however you choose and still lose weight! This week's plan gives you 12 rollovers.



Dinner

Chicken stir-fry with black bean sauce

Serves 4 | Prep 20 min | Cook 10 min

4



1 Chinese broccoli, chopped
1 bunch broccolini, chopped
2 tsp canola oil
4cm-piece ginger, cut into matchsticks
2 garlic cloves, crushed
1 long fresh red chilli, sliced
500g skinless chicken breast fillets, sliced
350g Asian mushrooms, sliced
1 red capsicum, thinly sliced
250g black bean stir-fry sauce
150g snow peas
2 green shallots, sliced
2 tbs unsalted cashews, toasted, chopped

1. Boil, steam or microwave Chinese broccoli and broccolini until just tender. Drain.

2. Meanwhile, heat a wok over high heat. Add oil and heat for 10 seconds. Stir-fry ginger, garlic and half the chilli for 1 minute or until fragrant. Add half the chicken and stir-fry for 3–4 minutes or until almost cooked through. Transfer to a plate. Repeat with

remaining chicken. Return all chicken to wok with mushrooms and stir-fry for 2 minutes or until mushrooms are tender.

3. Add Chinese broccoli, broccolini, capsicum, black bean sauce and snow peas and stir-fry for 1 minute or until heated through. Serve sprinkled with shallots, remaining chilli and cashews.

Tuesday

Breakfast

Spinach omelette

Serves 1 | Prep 5 min | Cook 3 min



Heat **1 tsp olive oil** in a small frying pan over high heat. Cook **2 eggs** (lightly beaten) for 1 minute or until nearly set. Top half with **20g reduced-fat cheddar** (grated) and **½ cup wilted baby spinach leaves**. Fold over to enclose filling.

Lunch

Tuna, spinach & roasted capsicum toastie

Serves 1 | Prep 5 min | Cook 4 min



Sandwich **2 slices of whole grain bread** with **95g can tuna in springwater** (drained), **1 cup baby spinach leaves**, **20g slice reduced-fat cheddar cheese** and **½ cup roasted capsicum (not in oil)**. Cook in a sandwich press for 2-4 minutes or until golden.

Snacks

Piece of fruit



1 rice thin with 30g reduced-fat cheddar cheese & sliced tomato



Carrot and celery sticks with 2 tbs reduced-fat hummus



Helpful Tip

Use the **WW microwave omelette maker** to whip together this spinach omelette in a flash! Available in Studios and on the WW shop: ww.com/au/shop



Dinner

Baked chilli lime salmon

Serves 4 | Prep 15 min | Cook 15 min



4 x 125g skinless salmon fillets
1 tbs honey
1 tsp finely grated lime rind
2 tbs lime juice
 $\frac{3}{4}$ tsp dried chilli flakes
 $\frac{1}{2}$ tsp garlic powder
1 bunch asparagus, cut into 6cm lengths
400g baby potatoes, quartered
Lime wedges, to serve

1. Preheat oven to 200°C. Cut 4 sheets of foil large enough to enclose fish and top each with a sheet of baking paper. Place salmon in centre of each paper.

2. Combine honey, lime rind and juice, chilli and garlic in a small bowl. Drizzle over salmon and season with salt and pepper. Wrap paper and

foil around salmon to enclose completely.

3. Place parcels on baking tray. Bake for 12 minutes or until cooked through.

4. Meanwhile, boil, steam or microwave potatoes and asparagus until tender. Serve parcels with the vegetables and lime wedges.

Wednesday

Breakfast

Mixed berry & bran yoghurt

Serves 1 | Prep 5 min



Top **¾ cup 99% fat-free plain yoghurt** with **40g wheat bran**, **1 cup fresh or frozen mixed berries** and drizzle with **1 tsp maple syrup**.

Lunch

Rice, black bean & avocado salad

Serves 1 | Prep 5 min



Place **½ cup cooked brown rice** in a bowl with **1 cup canned black beans** (rinsed, drained), **½ cup canned corn kernels** (rinsed, drained), **1 handful baby spinach leaves** and **¼ small avocado** (diced). Drizzle with **2 tsp lime juice** and **1 tsp olive oil**.

Snacks

Piece of fruit



99% fat-free plain yoghurt



20g mixed nuts



Helpful Tip

Microwave rice is a great time-saver to keep at home and in your desk draw at work – ready to add to your favourite salad or stir-fry.



Dinner Cheat's lasagne

Serves 4 | Prep 15 min | Cook 30 min

6



1 tsp olive oil
1 brown onion, chopped
3 garlic cloves, crushed
2 carrots, diced
1 zucchini, diced
2 stalks celery, diced
1 tbs chopped thyme leaves
300g extra lean beef mince
400g can diced tomatoes
5 dried lasagne sheets,
broken into pieces
 $\frac{1}{3}$ cup coarsely chopped
basil, plus extra leaves to
serve
 $\frac{2}{3}$ cup pizza blend cheese

1. Heat oil in a large deep ovenproof frying pan over high heat. Cook onion, garlic, carrot, zucchini, celery and thyme, stirring, for 10 minutes or until browned. Add mince and cook, stirring to break up any lumps, for 2 minutes or until mince has browned. Stir in tomato and $1\frac{1}{4}$ cups water. Season with salt and pepper and bring to the boil. Push pasta pieces into beef mixture, making sure they

are covered. Reduce heat and cook, covered, for 10 minutes. Cook, uncovered, for another 5 minutes or until pasta is tender and sauce has thickened.

2. Preheat grill on high. Top with chopped basil and cheese. Place pan under the grill for 2–3 minutes or until cheese is melted and golden. Serve with basil leaves.

Thursday

Breakfast

Spinach omelette

Serves 1 | Prep 5 min | Cook 3 min



Heat **1 tsp olive oil** in a small frying pan over high heat. Cook **2 eggs** (lightly beaten) for 1 minute or until nearly set. Top half with **20g reduced-fat cheddar** (grated) and **½ cup wilted baby spinach leaves**. Fold over to enclose filling.

Lunch

Salmon & avocado sandwich

Serves 1 | Prep 5 min



Combine **95g can pink salmon in springwater** (drained) with **¼ large mashed avocado** and **2 green shallots** (finely sliced) in a bowl. Spread mixture over **2 slices whole grain bread**.

Snacks

Piece of fruit



1 cup skim cappuccino with no sugar



1 can corn kernels



Helpful Tip

Opting for meals that have multiple serving sizes or cooking in bulk can be real time-savers – allowing you to have a spare meal ready-to-go on busier days when you may have less time. Try to save a serve of lasagne for tomorrow's lunch!



Dinner

Tex-mex chicken schnitzel with ZeroPoint salad

Serves 4 | Prep 10 min | Cook 5 min



2 tbs plain flour
1 egg, lightly beaten
 $\frac{3}{4}$ cup panko breadcrumbs
30g pkt reduced-salt taco seasoning
2 x 300g skinless chicken breasts, cut in half
 $\frac{1}{2}$ tbs canola oil
400g pkt fresh shredded coleslaw mix
100g 99% fat-free coleslaw dressing

1. Place flour on a plate. Whisk egg with 2 teaspoons water in a shallow bowl. Combine breadcrumbs and seasoning on a plate.

2. Coat chicken, one piece at a time in flour, then egg mixture and breadcrumb mixture. Place on a plate.

3. Heat oil in a large non-stick frying pan over medium-high heat. Add schnitzel and cook, in batches, for 2 minutes each side or until golden and cooked through.

4. Meanwhile, combine coleslaw and dressing in a large bowl. Serve chicken with coleslaw.

Friday

Breakfast

Fruit & ricotta toast

Serves 1 | Prep 5 min | Cook 3 min



Spread $\frac{1}{2}$ cup **reduced-fat ricotta** over **2 slices toasted whole grain bread**. Top with **sliced fruit**.

Lunch

Cheat's lasagne

Serves 1 | Cook 5 min



Re-heat one serve of lasagne leftover from dinner the night before.

Snacks

Piece of fruit



99% fat-free plain yoghurt



Carrot & celery sticks with $\frac{1}{4}$ cup reduced-fat hummus





Dinner

Sweet potato, chickpea & spinach curry

Serves 4 | Prep 5 min | Cook 20 min



1 tbs olive oil
1 brown onion, chopped
500g sweet potato, chopped
 $\frac{1}{4}$ cup tikka masala curry paste
400g can diced tomatoes
400g can chickpeas, rinsed, drained
 $\frac{3}{4}$ cup 99% fat-free plain yoghurt
150g baby spinach leaves
200g silken firm tofu, cubed

1. Heat oil in a large saucepan over medium-high heat. Cook onion and sweet potato, stirring, for 3–4 minutes or until onion is soft and potato is golden. Add curry paste and cook, stirring, for 1 minute or until fragrant. Add tomatoes, chickpeas and $\frac{3}{4}$ cup water.

2. Bring to the boil and reduce heat to low. Simmer, covered, for 10 minutes. Add $\frac{1}{2}$ cup

yoghurt and cook, uncovered, for 2–3 minutes or until vegetables are tender. Stir in spinach and cook for 1 minute or until spinach wilts. Gently stir in tofu. Serve curry topped with remaining yoghurt.

Helpful Tip

Incorporating meat-free meals into your plan is a great way to help you reach your five serves of veg a day and can also make some meals more budget-friendly.

Saturday

Breakfast

Spinach omelette

Serves 1 | Prep 5 min | Cook 3 min



Heat **1 tsp olive oil** in a small frying pan over high heat. Cook **2 eggs** (lightly beaten) for 1 minute or until nearly set. Top half with **20g reduced-fat cheddar** (grated) and **½ cup wilted baby spinach leaves**. Fold over to enclose filling.

Lunch

Tex-mex chicken schnitzel with ZeroPoint salad

Serves 1 | Prep 5 min



Re-heat one serve of the Tex-mex chicken schnitzel leftover from dinner the night before.

Snacks

Piece of fruit



99% fat-free plain yoghurt with 20g mixed nuts



2 rice thins with ¼ cup reduced-fat ricotta and sliced fruit





Dinner

The healthier cheeseburger

Serves 4 | Prep 30 min + 20 min chilling | Cook 20 min

8



200g extra-lean beef mince
½ brown onion, grated
1 small carrot, grated
1 small zucchini, grated
4 slices short cut bacon, fat trimmed
1 tsp olive oil
4 x 17g slices reduced-fat cheddar cheese
4 x 70g wholemeal sesame seed bread rolls, split
4 large iceberg lettuce leaves, shredded
2 tomatoes, sliced

1. Place mince, onion, carrot and zucchini in a bowl. Season with salt and pepper. Mix well. Divide into 4 portions. Shape each portion into an 8cm-diameter patty. Place on a large plate. Place in fridge for 20 minutes to chill.

2. Heat a large non-stick frying pan over medium heat. Cook bacon for 2 minutes each side or until browned. Transfer to a plate. Cover with foil.

3. Heat oil in the same frying pan over medium heat. Cook patties for 5 minutes each side or until cooked through. Top with cheese. Cover pan and cook for a further 1-2 minutes, until cheese melts.

4. Lightly toast rolls. Divide lettuce, tomato, bacon and patties among the roll bases. Top with roll lids.

Sunday

Breakfast

Fruit & ricotta toast

Serves 1 | Prep 5 min | Cook 3 min



Spread $\frac{1}{2}$ **cup reduced-fat ricotta** over **2 slices toasted whole grain bread**. Top with **sliced fruit**.

Lunch

Tuna, spinach & roasted capsicum toastie

Serves 1 | Prep 5 min | Cook 4 min



Sandwich **2 slices of whole grain bread** with **1 can tuna in springwater** (drained), **1 cup baby spinach leaves**, **20g slice reduced-fat cheddar cheese** and $\frac{1}{2}$ **cup roasted capsicum (not in oil)**. Cook in a sandwich press for 2-4 minutes or until golden.

Snacks

Piece of fruit



Boiled egg sprinkled with paprika



Can of tuna in springwater



Helpful Tip

You can use mixed frozen fruit instead of fresh on your Fruit & ricotta toast – it's still a ZeroPoint food! Choosing frozen fruit/vegies is a great no-waste, budget-friendly solution, allowing you to have nutrient-packed ZeroPoint foods on hand whenever you like.



Sebastian B.
Melina B.
WW Members

Week 2 shopping list

Pantry staples

- Olive oil ☐
- Canola oil ☐
- Oil spray ☐
- Chicken stock ☐
- Honey ☐
- Caster sugar ☐
- Plain flour ☐
- Brown sugar ☐
- Reduced fat oil spread ☐
- Chilli flakes ☐
- Garlic powder ☐
- Ground cinnamon ☐

Fresh food aisle

- 100g kale ☐
- 250g baby spinach ☐
- 1 iceberg lettuce ☐
- 2 zucchini ☐
- 1 bunch broccolini ☐
- 1 Chinese broccoli ☐

- 1 long red chilli ☐
- 400g packet coleslaw mix ☐
- 1 bunch celery ☐
- 2 green apples ☐
- 3 rhubarb sticks ☐
- 2 limes ☐
- 1 lemons ☐
- 3 tomatoes ☐
- 1 capsicum ☐
- 4 shallots ☐
- 150g snow peas ☐
- 1 avocado ☐
- 3 carrots ☐
- 350g Asian mushrooms ☐
- 1 ginger knob ☐
- 1 garlic knob ☐
- 500g sweet potato ☐
- 3 brown onions ☐
- 1 red onion ☐
- 1 bunch fresh thyme ☐
- 1 bunch fresh basil ☐
- 7 pieces of fruit ☐

Pantry aisle

- 1 loaf whole grain bread ☐
- 4 x 70g wholemeal sesame seed rolls ☐
- 80g wheat bran ☐
- 3 rice thins ☐
- 40g mixed nuts ☐
- 20g cashews ☐
- 1 box dried lasagne sheets ☐
- 50g panko breadcrumbs ☐
- 1 packet reduced salt taco seasoning ☐
- 1 small bottle maple syrup ☐
- 1 jar roasted capsicum (not in oil) ☐
- 1 small packet fennel seeds ☐
- 250g black bean stir-fry sauce ☐
- 1 can pink salmon in springwater ☐
- 3 cans tuna in springwater ☐
- 1 x 420g can black beans ☐
- 1 x 300g can corn kernels ☐
- 170g brown rice ☐
- 1 x 400g can brown lentils ☐
- 2 x 400g cans diced tomatoes ☐
- 1 x 400g can chickpeas ☐
- 60g tikka masala curry paste ☐

Refrigerated - dairy

- | | |
|--------------------------------|--------------------------|
| 1kg 99% fat-free plain yoghurt | <input type="checkbox"/> |
| 200g reduced-fat cheddar | <input type="checkbox"/> |
| 240g reduced-fat ricotta | <input type="checkbox"/> |
| 70g pizza blend cheese | <input type="checkbox"/> |
| Reduced-fat cheddar cheese | <input type="checkbox"/> |

Refrigerated - meats & proteins

- ☐ 1 dozen egg carton
- ☐ 200g silken tofu
- ☐ 500g extra-lean beef mince
- ☐ 4 slices short cut bacon
- ☐ 1kg skinless chicken breasts
- ☐ 4 x 180 lean pork loins
- ☐ 4 x 125 skinless salmon fillets

Refrigerated - other

- 125g low fat hummus ☐
- 100g 99% fat free coleslaw dressing ☐

Frozen foods

- 500g frozen berries
- ☐

My notes

[illegible]

WEEK BY WEEK WALKING PLAN

With longer days and warmer weather, spring is an ideal time to take your exercise outside. If you are just beginning your fitness journey, walking is a brilliant place to start. Put your best foot forward and kick things off with our 4-week walking plan.

How it works: Brisk walking burns about the same number of kilojoules per kilometre as slow jogging. Walking is also kinder to joints, so if you have a pre-existing condition or injury, it's a safer option. This plan will introduce you to walking, build your fitness and help you lose weight.

Why: If you're new to physical activity or want to become a walker, this plan's for you. It'll ease you in and progress your walking fitness as you get going. For variety, walk with a friend or listen to music or a podcast.



WEEKLY WALKING PLAN

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	10 mins Low-intensity	10 mins Low-intensity	10 mins Low-intensity	OPTIONAL REST DAY	15 mins Low-intensity	15 mins Low-intensity	REST DAY
WEEK 2	15 mins Low-intensity	15 mins Low-mod intensity	15 mins Low-intensity	15 mins Low-mod intensity	15 mins Low-intensity	15 mins Mod-high intensity	REST DAY
WEEK 3	20 mins Mod-high intensity	20 mins Mod-high intensity	20 mins Mod-high intensity	20 mins Mod-high intensity	20 mins Mod-high intensity	20 mins Mod-high intensity	REST DAY OR YOUR CHOICE OF ACTIVITY
WEEK 4	30 mins Mod-high intensity	30 mins Mod-high intensity	30 mins Mod-high intensity	30 mins Mod-high intensity	30 mins Mod-high intensity	30 mins Mod-high intensity	YOUR CHOICE OF ACTIVITY

DETERMINE YOUR INTENSITY LEVEL

Can you talk?	Can you sing?	Your breathing is	Are you sweating?	The intensity level is...
Yes	Yes	Regular	No	LOW
Yes	No	Often and deep	After 10 minutes	MODERATE
Briefly	No	Rapid and deep	After 3-5 minutes	HIGH

SOAK UP THE SUNSHINE

Swapping the treadmill for the great outdoors has a host of added health benefits. Not only can a walk outside help you feel rejuvenated, the fresh air also activates the parasympathetic nervous system which is responsible for the the ‘rest and relax’ response. Studies show that being in nature for as little as 30 minutes a week may have a positive health effect on both our bodies and minds.

10 WAYS TO SPRING CLEAN YOUR MINDSET

A new season is a great opportunity to hit refresh, reset your habits and cull the clutter in your life. Not only can this help to reduce stress and improve productivity, it can also put you in the right frame of mind for achieving your weight-loss and wellness goals.

1. Pick a room in the house and give it a deep clean. Keep your motivation high by setting a timer challenge for each room or picking an interesting podcast to listen to.
2. Clear your mind with a daily meditation. If you are a member, check out the WWxHeadspace meditations on your WW app for some quick options.
3. Sort through and tidy your fridge and kitchen cupboards. Check the use-by dates on food you aren't keeping as they can often be donated to food banks.
4. Reduce your screen time and free up extra time by assessing which TV shows you really want to watch and culling any programs that don't make the list. You would be surprised how many shows we tend to watch on autopilot.
5. Go through your wardrobe and donate any unwanted clothes to a local charity. Over-packed wardrobes make it tricky to stay organised and find things to wear.
6. Simplify your social media and minimise disruptions by disabling notifications and scheduling set times to check in throughout the day.
7. Keep a small diary handy. This way when appointments or celebrations come up, you can write them down and keep track instead of storing the info in your head.
8. Does your home office have a paper stack that could rival the leaning tower of Pisa? Throw out old files from five years ago and only keep what you need.
9. The car is a common clutter magnet that's often overlooked during a spring clean. Throw out any rubbish and give the inside a thorough vacuum to get it looking (al-most) as good as new.
10. Encourage mindful eating by keeping your 'eating zones' tidy and removing distractions like your phone or the TV. Research shows that distracted eating and messy settings can lead to over-eating.

*Tina, M.
WW Member*



**For more inspiration:
ww.com**

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that Works.™**

