



A woman wearing an orange long-sleeved shirt, white pants, a red hat, and patterned sandals is captured in mid-air, jumping over a large, weathered log. She is positioned on the left side of the frame. The background features a calm blue lake, a distant shoreline with green trees and houses, and a clear blue sky. A red buoy is visible in the water on the right. The overall scene is bright and sunny.

We're so glad you're here!

RACHAEL H.,
WW MEMBER

On cover:
WW MEMBERS
STEPHEN M.,
JESSICA S.,
YVONNE B.,
AND RICK V.

Weight loss, your way. When it comes to losing weight, everyone's needs are different. What works well for one person may not work as well for another. That's why, *for the first time ever*, we're offering more than one way to experience the journey.

Introducing myWW™! With this groundbreaking programme, you can *feel confident that you're on the right path* for you. We start with a food plan that's based in nutrition science, so your body is getting what it needs and you're not going hungry. Then we layer in proven behavioural techniques to help you build *life-changing habits*, one small, achievable goal at a time. You'll eat better, move more, and shift your mindset to an "I've got this" way of thinking - because we're about more than just weight loss. We're about *success that lasts*.

So welcome. This is the start of something great.

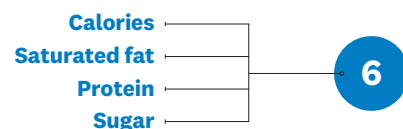


No fads, just proven science

It all starts with our SmartPoints® system, which takes complex nutritional data and boils it down to one simple, easy-to-understand number: **the SmartPoints value.**

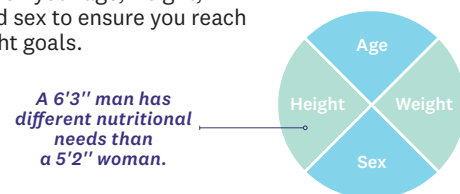
SmartPoints guide you towards a healthier pattern of eating.

Calories form the baseline. Sugar and saturated fat make the number go up; protein lowers it.



Your SmartPoints Budget is personalised to you.

It's based on your age, weight, height and sex to ensure you reach your weight goals.



Weekly SmartPoints and rollovers add flexibility.

Up to 4 unused daily SmartPoints will automatically roll over into your weeklies so you can bank them for another day.



↓
Look for your
colour!



in WW cookbooks



on packaging



ZeroPoint™ foods make eating simpler

ZeroPoint foods are exactly what they sound like - foods that have zero SmartPoints value. Why? These nutritional powerhouses form the basis of a healthy eating pattern.

Check this out

You can eat ZeroPoint foods without measuring or tracking and still lose weight.¹ (They're less likely to be overeaten than other foods.)

1.

You don't have to buy anything special

They're regular, everyday foods so you don't have to eat differently from your family and friends.

2.

You always have options

You'll always have something delicious to eat, even with only a few SmartPoints to spend.

3.

Tracking is simple

You don't have to measure or track these foods, which adds flexibility to your SmartPoints Budget.



But here's the thing...

Just because you don't have to track ZeroPoint foods, it doesn't mean they're all-you-can-eat, or that they're the *only* things you should eat. At the end of the day, it's about building a healthy pattern of eating - because that's what's liveable.

Your mindset matters

Here's the deal: what's in your head is just as important as what's on your plate. No matter what your goals are - whether it's to lose weight, eat healthier, or move more - shifting your mindset is the best place to start.

In your Workshop, you'll learn how to get into a new frame of mind - because when you embrace challenges, see setbacks as opportunities, and believe you can make a real change, you can stay focused on your goals. Bring on the success!

See how other members are living WW

Connect is our private, members-only community in the WW app.



DID YOU KNOW?

Every day members post thousands of tips, recipes, insights, pet videos - all kinds of great stuff - on Connect. Start scrolling!



Shift your mindset

Each week in your Workshop you'll learn how to get into a new frame of mind. Why? Because tough love doesn't work.² What does? Being kind to yourself and celebrating what your body can do.³

1. Retrain your brain.

Science shows that being kind to yourself when things don't go as planned (hey, you're human!) can actually help you get back on track with eating better and moving more.^{4,5,6}



STEP 1

Imagine that a close friend feels bad about herself. What would you say to her?



STEP 2

Now think about a time when you've felt bad. What did you say to yourself?



STEP 3

Is there a difference? Why? What might change if you treated yourself like a friend?

2. Focus on what your body can do...

and not on how it looks. Studies show that shifting how you think about your body can help you lose weight.⁷



STEP 1

Notice when you have a critical thought about a certain part of your body. ("My arms are too big and soft.")



STEP 2

Consider what that body part actually does for you. ("My arms help me lift things and hug people.")



STEP 3

Try to affirm, not criticise, your body. Take a moment to appreciate it. ("My arms are important because they let me hug my child.")

Every move counts

The rewards of regular activity? Huge. Want to manage stress and sleep better? Being active definitely helps. It's also the single best predictor of who keeps weight off and who doesn't.⁸

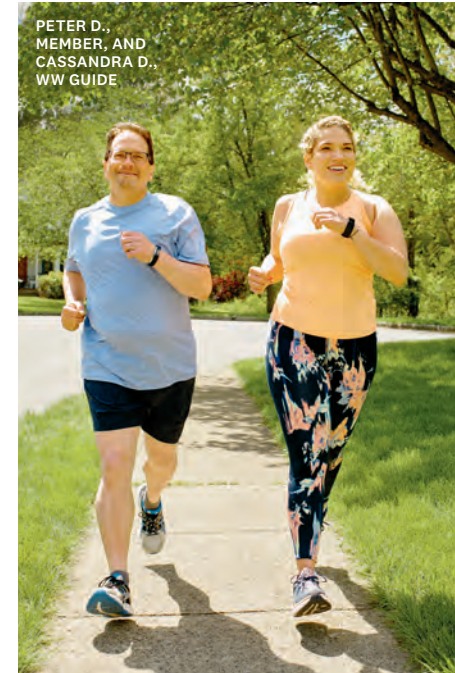
This really works

Every habit starts as a single conscious action. The more you repeat it, the more it becomes second nature. Want to turn the 6 p.m. yoga class after work into a habit? This trick can help.



ANOTHER COOL TOOL

You'll earn FitPoints[®] when you track activity. FitPoints are another way, besides the scales, to see the progress you're making.



PETER D.,
MEMBER, AND
CASSANDRA D.,
WW GUIDE



DEBBIE R.
AND ANN L.,
WW COACHES



LESLIE N.,
MEMBER



1 programme, 3 ways to live it

The *myWW™* programme is freeing and flexible for you because it takes your personal needs into account and figures out which option best aligns with your lifestyle.

Green

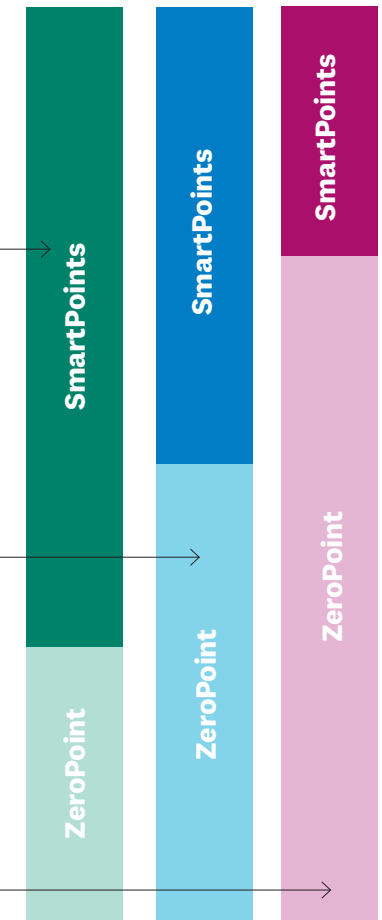
Green guides you towards a smaller list of foods that form the basis of healthy eating habits, with a sizeable SmartPoints Budget to spend on other foods you love. You'll build meals and snacks around 100+ ZeroPoint foods including fruits and veggies, and track other foods that have SmartPoints values.

Blue

Blue guides you towards a list of foods that form the basis of healthy eating habits, with a moderate SmartPoints Budget you can spend on other foods you love. You'll build meals around 200+ ZeroPoint foods including fruits, veggies, and lean proteins, and track other foods that have SmartPoints values.

Purple

Purple guides you towards a long list of foods that form the basis of healthy eating habits, with a modest SmartPoints Budget that you can spend on other foods you love. You'll build meals around 300+ ZeroPoint foods including fruits, veggies, lean proteins, and wholegrains, and track other foods that have SmartPoints values.



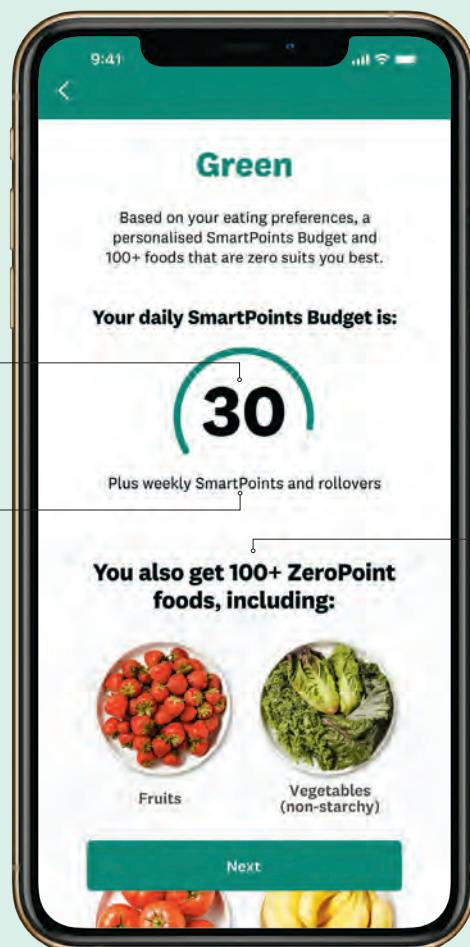
Green: the basics

You get a personalised amount of SmartPoints® to spend on any food you choose, and 100+ fruits and veggies that are zero.

At a glance

DAILY SMARTPOINTS
Spend these on any food you choose!

WEEKLY SMARTPOINTS & ROLLOVERS
How you eat on a Tuesday is probably different from a Saturday. Weekly SmartPoints and rollovers keep things flexible and liveable.



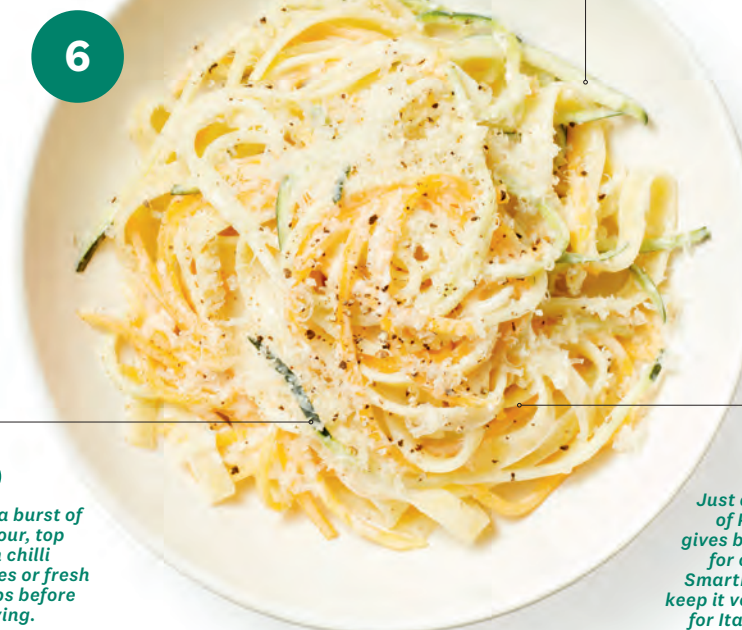
ZEROPOINT FOODS
You'll find your full list of ZeroPoint foods in the WW app, or just turn to page 18.

App screens shown for illustrative purposes only

DID YOU KNOW?

We've set up a Connect group just for people on Green! See what other members are eating (and doing and posting) in the WW app.

Tri-colour fettuccine alfredo
Adding spiralised butternut squash & courgette to fettuccine lowers the SmartPoints and packs in veggies.



To cut down on prep time, you can buy prepared spiralised courgette and butternut squash from supermarkets.

For a burst of flavour, top with chilli flakes or fresh herbs before serving.

Just a sprinkle of Parmesan gives big flavour for only a few SmartPoints. To keep it veggie, opt for Italian-style hard cheese.

Your ZeroPoint food categories



Fruits



Vegetables (non-starchy)

Wondering what to do with a veg like cauliflower? We've got ideas on page 16.

5-day menu

Just want to know what to eat? This meal plan will help you get started. Follow it, or mix and match. Skip the foods you don't love and dig into the ones you do.

Want more? With 1,200+ recipes in the WW app, your taste buds will never be bored.

Curious what other members are eating? Scroll through real-time posts on Connect!

Want more restaurant or grab & go options? Pick up a copy of our Eat Out & Shop guide in your Workshop.

Find all the recipes in this book at WW.com/myww-recipes

DAY 1

Breakfast CREAM CHEESE & TOMATO BAGEL

1 toasted bagel thin with 1 tbsp medium-fat soft cheese & sliced tomato

6

Lunch

Green bean pasta salad*

8



Snacks

Medium latte with skimmed milk

4

30g mini pitta bread with 1½ tbsp reduced-fat houmous

5

Dinner

GRIDDLED CHICKEN WITH SPRING VEG & YOGURT DRESSING

165g griddled skinless chicken breast fillet, 125g boiled new potatoes, griddled asparagus & on-the-vine tomatoes with a yogurt dressing (1 tbsp 0% fat natural Greek yogurt, 2 tsp lemon juice, 3 tsp chopped mint & ½ crushed garlic clove)

5



DAY 2

Breakfast SALMON & CREAM CHEESE ENGLISH MUFFIN

30g smoked salmon & 1 tbsp medium-fat soft cheese on ½ toasted English muffin sprinkled with 1 tsp capers

5



Lunch EATING OUT

Subway Veggie Delite Sub on Italian White Bread (6") with Chipotle Southwest Sauce

9

Have SmartPoints® left over? Up to 4 will be automatically rolled over for another day.

Snacks

Hard-boiled egg with spinach

2

Sliced pear with 1 tbsp almond butter

3

Dinner

ONE-POT TURKEY & BROCCOLI PENNE*

8



DAY 3

Breakfast OAT PANCAKES WITH YOGURT & PEAR*

8



Lunch LEMONY SALMON & POTATO SALAD

50g boiled new potatoes, 75g steamed green beans, 90g grilled salmon, 100g broccoli & 25g light feta with dressing (1 tsp olive oil, 1 tbsp lemon juice, 1 tsp lemon zest, 1 tsp dried herbs)

9



Snacks

2 x turkey breast slices with grapes

1

Fruit, cheese & nut plate (low fat cheese triangle, apple, 3 almonds)

2

Dinner

SAGE & BLUE CHEESE CHICKEN BURGERS*

8

DAY 4

Breakfast SCRAMBLED EGG & GRILLED BACON ON TOAST

Scrambled eggs (2 eggs & 2 tbsp skimmed milk), 2 grilled bacon medallions on toast (calorie controlled bread) with sliced tomato

6

Lunch

TURKEY & SMOKED CHEDDAR WRAP

1 WW wrap filled with ½ tbsp mustard, lettuce, chopped apple & celery, 2 turkey breast slices & 10g smoked Cheddar

6



Snacks

10 almonds with fresh fruit

4

WW crisps

2

Dinner

SPINACH, MUSHROOM & CHICKPEA CURRY

Heat ½ tbsp mild curry paste in a small pan, add ¼ chopped onion, cook for 3 mins. Add ½ x 400g tin chopped tomatoes, cook for 5 mins, then add 50g sliced chestnut mushrooms. After 3-4 mins, stir in ½ x 400g tin drained & rinsed chickpeas & 50g spinach to wilt. Garnish with coriander & serve with 1 warmed 50g mini naan

9

DAY 5

Breakfast YOGURT WITH GRANOLA & FRUIT

150g 0% fat natural Greek yogurt with chopped fruit & 25g WW Strawberry Granola

4

Lunch

EATING OUT

Wagamamas Pad Thai Salad

9

Snacks

Fresh fruit salad

0

Chipotle mushroom nachos*

5



Dinner

CLASSIC LASAGNE*

11



*See pages 59-62 for the recipe

Love this? Pick up a copy of the myWW cookbook in your Workshop

17

Zero Hero: Cauliflower

ZeroPoint™ foods are super-flexible and can be used in lots of delicious (and unexpected) ways. Here are a few ideas to whet your appetite.



Mash it

Purée boiled cauliflower florets into mashed potatoes for extra creaminess (use half cauliflower and half potatoes).

Cauliflower & potato mash



To cut down on prep time, look for bagged cauliflower rice in the veg or freezer aisle.



Blend it

Create a lower-SmartPoints fried rice by swapping rice for cauliflower. Use a food processor to create rice-sized pieces of cauliflower.

Spiced cauliflower rice



Grill it

Slice a whole head of cauliflower into 2 cm slabs. Season & grill like a steak, flipping once.

Garlic cauliflower steaks with roast veg

DID YOU KNOW?

Puréed cauliflower or butternut squash makes a great base for cheese sauces that are low in SmartPoints®. Search for butternut or cauliflower sauce recipes in the WW app!



Build a meal

Start with
a ZeroPoint™ food

0



Add something
hearty and delicious

6



Top it with
more veggies

0



Give it a
flavour boost

2



Spicy pancetta & cherry tomato pasta

8



To make it vegetarian, remove the pancetta and use vegetable stock.

Start with
a ZeroPoint food

0



Add something
hearty and delicious

1



Top it with
more veggies

1



Give it a
flavour boost

3



Chipotle & lime prawn salad

5



Make this dish brighter and sweeter by swapping in a yellow or orange pepper for the chilli. Hate coriander? Parsley works well too.

TEAR HERE

DID YOU KNOW?

You can make some pasta recipes all in one pot without draining the water. (The nutrients and flavours will get absorbed into the sauce.) Plus, fewer pots and pans to clean!

FRUITS

Cauliflower rice
Celery
Chives
Coriander
Courgette
Cucumber
Endive
Fennel
Frozen stir-fry vegetables, no sauce
Garlic
Ginger
Green beans
Hearts of palm
Kale
Kohlrabi
Leeks
Lettuce, all types
Mint
Mixed greens
Mushrooms
Nori (seaweed)
Okra
Onions
Oregano
Pak choy

Parsley
Pea shoots
Peppers
Pickles, unsweetened
Pumpkin
Radishes
Rocket
Rosemary
Shallots
Spaghetti squash
Spinach
Spring onions
Swiss chard
Tarragon
Thyme
Tomatoes
Turnips
Water chestnuts

Papayas
Peaches
Pears
Persimmons
Pineapples
Plums
Pomegranates
Pomelo
Raspberries
Star fruit

Strawberries
Tangerines
Watermelon

VEGETABLES (NON-STARCHY)

Acorn squash
Artichoke hearts, no oil
Artichokes
Asparagus
Aubergine
Baby corn
Bamboo shoots
Basil
Beetroot
Broccoli
Brussels sprouts
Butternut squash
Cabbage, all types
Carrots
Cauliflower



Which vegetables aren't ZeroPoint foods on Green? Starchy veggies like corn, parsnips, peas, plantains, and potatoes will all have SmartPoints® values.



FOLD HERE

Full version of the ZeroPoint foods list available on the WW app and at WW.com

TEAR HERE

myWW
STARTER
GUIDE

Zero Hero: Banana



Mash them

Use them in pancakes to create a delicious weekend family-friendly brunch.

3-ingredient pancakes



Blend them

Frozen bananas and yogurt can be blended together to create a healthy ice cream. Top with a choc-nut topping for extra indulgence.

Banana ice cream cones with chocolate

DID YOU KNOW?

Bananas are available year round, as unlike other fruits, bananas continue to ripen at the same pace after they are picked.



Rescue over-ripe bananas by popping them in the freezer to use in future cake, muffin, and bread recipes.



Bake them

Give classic banana bread a twist by adding cannellini beans.

Banana bread

Find all the recipes in this book at WW.com/myww-recipes

Zero Hero: Tomato



Dress them

For a light lunch, use a variety of tomatoes and drizzle with olive oil & balsamic vinegar, then top with fresh herbs.

Tricolore tomato salad



Ripen tomatoes at room temperature. Refrigeration slows down ripening and decreases flavour.



Bake them

You can bake or roast any type of tomato, and a mix of them looks fabulous on a savoury tart.

Harissa tomato tarts



Blitz them

Tomatoes make for a hearty, flavoursome soup. Cook them with basil and ZeroPoint veg, then blitz for a filling meal.

Basic tomato soup

DID YOU KNOW?

Most tomato varieties are red, although other colours are available - including green, yellow, orange, pink, black, brown, white, and purple.



MICHELLE G.,
WW COACH

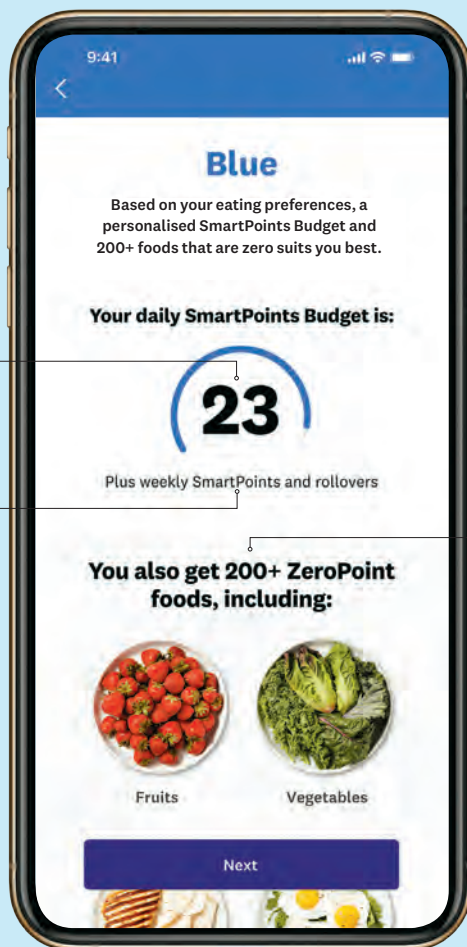
Blue: the basics

You get a personalised amount of SmartPoints® to spend on any food you choose, and 200+ foods that are zero.

At a glance

DAILY SMARTPOINTS
Spend these on any food you choose!

WEEKLY SMARTPOINTS & ROLLOVERS
How you eat on a Tuesday is probably different from a Saturday. Weekly SmartPoints and rollovers keep things flexible and liveable.



ZEROPOINT FOODS
You'll find your full list of ZeroPoint foods in the WW app, or just turn to page 28.

App screens shown for illustrative purposes only

DID YOU KNOW?

We've set up a **Connect group** just for people on Blue! See what other members are eating (and doing and posting) in the WW app.

Spicy chicken tacos

Simmering chicken in tomato sauce gives it great flavour and tenderness for 0 SmartPoints.

6

2
A little bit of a strongly flavoured cheese goes a long way. Goats' cheese is a tasty option.

4
Both corn and flour tortillas work well in this recipe, depending on your preference.

0
Red and purple cabbage get their bright colour from heart-healthy antioxidants, so mix it up.

Your ZeroPoint food categories



Fruits



Vegetables



Eggs



Skinless chicken & turkey breast



Fish & shellfish



Fat-free yogurt & soya yogurt



Beans & legumes



Tofu, Quorn & tempeh

Want some tips for making the most of your ZeroPoint foods? Turn to page 26.

5-day menu

Just want to know what to eat? This meal plan will help you get started. Follow it, or mix and match. Skip the foods you don't love and dig into the ones you do.

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DAY 1

Breakfast

BANANA & HAZELNUT PORRIDGE
Cook 30g porridge oats with 125ml skimmed milk & 60ml water. Top with 1 tsp date syrup, 1 sliced banana & ¼ tsp chopped toasted hazelnuts

6



Lunch

TOASTED CHICKEN SANDWICH
Toast 2 slices calorie controlled bread & spread with 1 tbsp medium fat soft cheese. Fill with 165g grilled skinless chicken breast, rocket & chopped chives

5

Snacks

20g bag popcorn

3

150g 0% fat natural Greek yogurt topped with apple slices & 1 tsp cinnamon

0

Dinner

ASIAN PRAWN & VEGGIE BOWL
Combine 100g cooked prawns, 100g edamame beans, 1 shredded carrot & 100g red cabbage, ½ pouch microwavable brown rice & 1 sachet WW Soy, Chilli & Ginger Dressing

6



DAY 2

Breakfast

EGG & BACON ROLL
Chop 1 hard-boiled egg & 1 tomato. Serve in a 60g bread roll spread with 1 tsp reduced-fat mayonnaise, 2 grilled bacon medallions & snipped chives

5



Lunch

EATING OUT
Pizza Express Wholemeal Leggera Roasted Veg & Ricotta Pizza

13

Snacks

Fresh fruit salad with 12g flaked almonds, 2 tbsp 0% fat natural Greek yogurt & 1 tsp fresh mint

2



Dinner

CHICKEN SALAD
Mix 120g spinach with 1 tsp balsamic vinegar, ½ tsp olive oil, sliced cherry tomatoes, ½ chopped red pepper, ½ chopped garlic clove & 165g grilled skinless chicken breast. Garnish with fresh basil

1

Want dessert or a glass of wine? Tap into your weekly SmartPoints!

DAY 3

Breakfast

YOGURT WITH FRUIT & NUTS
150g 0% fat natural Greek yogurt with chopped strawberries & 20g flaked almonds

4

Lunch

EGGS & AVOCADO ON TOAST
Toast 1 slice calorie controlled bread & top with 70g mashed avocado, 2 poached eggs & rocket

6



Snacks

Almond milk & cacao ice 'cream'*

3

Veg crudités with 3 tbsp reduced-fat houmous

6

Did you know that up to 4 unused SmartPoints* will be automatically rolled over to use on another day?

Dinner

ROASTED SALMON WITH CHICKPEAS, COURGETTE AND RED PEPPERS*

2



DAY 4

Breakfast

WAFFLE WITH LEMON RICOTTA & BLUEBERRIES
Toasted waffle topped with lemony ricotta (40g ricotta, 1½ tsp icing sugar, ½ tsp lemon zest, 1 tsp lemon juice), blueberries, sprinkled with lemon zest

8



Lunch

BEEF & ONION SANDWICH
Sandwich (2 x slices calorie controlled bread) filled with 1 tsp wholegrain mustard, 1 x 30g slice roast beef, 15g half-fat Cheddar cheese, 2 slices beetroot & onion. Serve with mixed salad leaves

5

Snacks

150g 0% fat natural Greek yogurt topped with fresh fruit

0

WW bar

2

Dinner

GREEK CHICKEN WITH TZATZIKI, ORZO & PEPPERS
40g orzo (dry weight) cooked to pack instructions, served with 150g cooked peppers, 6 olives, 2 tbsp tzatziki & 120g grilled skinless chicken breast fillet. Garnish with parsley & a lemon wedge

7



DAY 5

Breakfast

YOGURT WITH WARM BLUEBERRY SAUCE
Heat 50g blueberries, ½ tbsp sugar, ½ tbsp water for 5-7 mins. Remove from the heat & stir in ¼ tsp lemon zest & a splash of lemon juice. Gently swirl the warm berry sauce into 150g 0% fat natural Greek yogurt

2



Lunch

EATING OUT
McDonald's Sweet Chilli Grilled Chicken Wrap

8

Snacks

Turkey scotch egg*

2

Fresh fruit salad

0



Dinner

TOMATO & PEPPER TAGLIATELLE*

8

For more family-friendly meals like this one, pick up a copy of the myWW cookbook in your Workshop

*See pages 59-62 for the recipe

Zero Hero: Chickpeas

ZeroPoint™ foods are super-flexible and can be used in lots of delicious (and unexpected) ways. Here are a few ideas to whet your appetite.



Roasted chickpeas make a delicious savoury snack. Season with spices like cayenne pepper or cumin for a flavour kick.



Quick & easy sweet treats

Puréed chickpeas add fibre and protein to no-bake energy bites. Chocolate & peanut butter energy bites



Boost your burger

Use chickpeas in veggie burger patties. It gives them a rich, slightly nutty taste. Sweetcorn, red pepper & chickpea burgers



Power up pasta

Add them to pasta dishes to help keep you fuller for longer. Pasta & chickpea salad

Find all the recipes in this book at WW.com/myww-recipes

DID YOU KNOW?

Chickpeas are an excellent vegetarian source of protein and fibre. Add them to soups, salads, and stir-fries for a filling meat alternative.



Build a meal

Start with a ZeroPoint food

0



Add some protein

0



Bump up the flavour

3



Include some fats

2



Salmon with salsa verde

5



Try this same dish with trout or white fish fillets instead of salmon. No parsley or mint? Experiment with any other fresh herbs you have on hand.

Start with a ZeroPoint food

0



Add some protein

2



Bump up the flavour

0



Include some fats

1



Grilled beef with aubergine stew

3



Swap borlotti beans for other canned beans or pulses like cannellini beans or chickpeas if you have them in your cupboard.

DID YOU KNOW?

Adding a splash of acid (such as vinegar, lemon, or lime juice) just before serving a dish can help its flavour pop.

Blue ZeroPoint™ foods

VEGETABLES (NON-STARCHY)

Acorn squash
Artichoke hearts,
no oil
Artichokes
Asparagus
Aubergine
Baby corn
Bamboo shoots
Basil
Beetroot
Broccoli
Brussels sprouts
Butternut squash
Cabbage, all types
Carrots
Cauliflower
Cauliflower rice
Celery
Chives
Coriander
Corn on the cob
Courgettes
Cucumber
Endive
Fennel
Garlic
Ginger
Green beans
Hearts of palm
Kale
Kohlrabi
Leeks
Lettuce, all types

Mint
Mixed greens
Mushrooms
Nori (seaweed)
Okra
Onions
Oregano
Pak choi
Parsley
Parsnips
Peas
Pea shoots
Peppers
Pickles,
unsweetened
Pumpkin
Radishes
Rocket
Rosemary
Shallots
Spaghetti squash
Spinach
Spring onions
Sweetcorn
Swiss chard
Tarragon
Thyme
Tomatoes
Turnips
Water chestnuts

BEANS & LEGUMES

Azuki beans
Alfalfa sprouts
Bean sprouts

CHICKEN & TURKEY BREAST

Chicken breast
mince
Skinless chicken
breast
Skinless turkey
breast
Turkey breast mince

EGGS

Egg, all types

FISH/SHELLFISH

Anchovies,
in water
Canned tuna,
in water or brine
Carp
Catfish
Caviar
Clams
Cod
Crabmeat, lump
Crayfish
Cuttlefish
Eel
Fish roe
Flounder
Grouper
Haddock
Halibut
Herring
Lobster
Mahi mahi
Monkfish
Mussels
Octopus
Orange roughy
Oysters
Perch
Pike
Pollock
Pompano
Prawns
Salmon
Sardines,
canned in water or
brine
Sashimi
Scallops
Sea bass
Sea cucumber
Sea urchin
Shrimp
Smoked haddock
Smoked mackerel
Smoked salmon
Smoked sturgeon
Smoked trout
Smoked whitefish
Snails
Snapper
Sole
Squid
Sturgeon
Swordfish
Tilapia
Trout
Tuna
Turbot
Whitefish

FRUITS

Apples
Apricots, fresh
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementines
Cranberries, fresh
Dragon fruit
Figs, fresh
Frozen mixed
berries
unsweetened
Fruit cocktail,
unsweetened
Grapefruit
Grapes
Guava
Honeydew
Kiwi
Kumquats
Lemons
Limes
Mangoes
Nectarines
Oranges
Papayas
Peaches
Pears
Persimmons
Pineapples
Plums
Pomegranates

FAT-FREE YOGURT & SOYA

Greek yogurt,
plain, fat-free
Plain yogurt,
fat-free
Quark,
plain, fat-free
Soya yogurt, plain

QUORN, TOFU & TEMPEH

Quorn,
plain, all types
Tempeh,
plain, all types
Tofu,
plain, all types

Full version of the ZeroPoint
foods list available on the
WW app and at WW.com

FOLD HERE

TEAR HERE

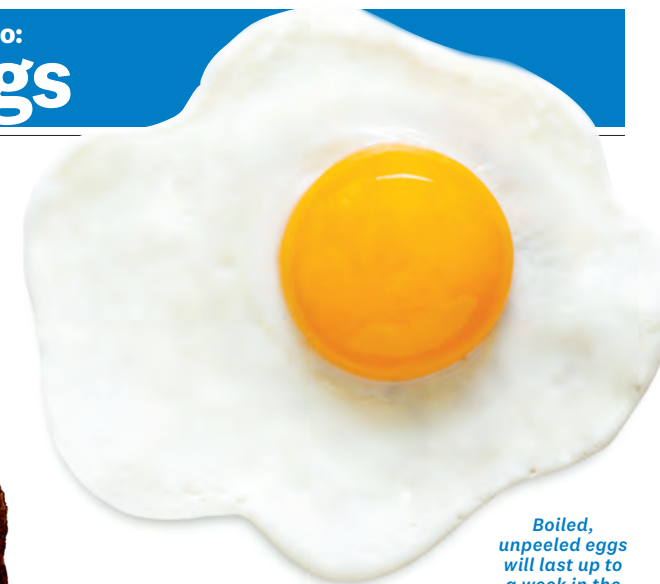
myWW STARTER GUIDE

Zero Hero: Eggs

Mix them

Eggs aren't just for breakfast! These sandwiches are a fresh take on a lunchtime favourite.

Egg salad open sandwiches



Boiled, unpeeled eggs will last up to a week in the fridge.

Whip them

Meringue desserts, like fruit-filled pavlovas, are a delicious low-SmartPoints® treat.

Gingerbread meringue tarts



Get cracking

Love mushrooms? We've used three varieties in this omelette.

Mushroom Florentine omelette



DID YOU KNOW?

Putting eggs in an ice bath immediately after boiling will make them much easier to peel. It also helps if you start peeling at the wider end.

Find all the recipes in this book at
WW.com/
myww-recipes

Zero Hero:

Fat-free yogurt



Rolling in the dough

Combine self-raising flour and fat-free natural yogurt to make a versatile two-ingredient dough.

2-ingredient flatbread dough



Chill out

Add 0% fat natural Greek yogurt to ice lolly recipes for a smooth and creamy texture.

Mango, lime & yogurt ice lollies



The clear liquid in yogurt containers is naturally occurring whey. Don't drain it; stir it back in.

Whip up a dip

Use fat-free natural yogurt instead of mayonnaise in dips and sides like coleslaw.

Griddled spring onion dip



DID YOU KNOW?

Greek yogurt is higher in protein than regular yogurt. It's a little more sour, though. Stir in some citrus zest to sweeten the flavour.



SUSAN S.,
MEMBER



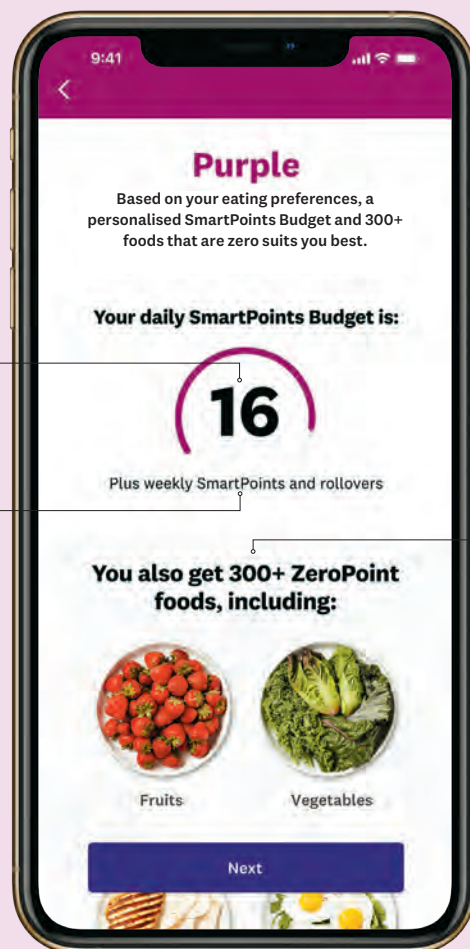
Purple: the basics

You get a personalised amount of SmartPoints® to spend on any food you choose, and 300+ foods that are zero.

At a glance

DAILY SMARTPOINTS
Spend these on any food you choose!

WEEKLY SMARTPOINTS & ROLLOVERS
How you eat on a Tuesday is probably different from a Saturday. Weekly SmartPoints and rollovers keep things flexible and liveable.



ZEROPOINT FOODS
You'll find your full list of ZeroPoint foods in the WW app, or just turn to page 37.

App screens shown for illustrative purposes only

DID YOU KNOW?

We've set up a **Connect group** just for people on Purple! See what other members are eating (and doing and posting) in the WW app.

Prawn fried rice
Quick one-pan dinners are great for weeknights. Aim for protein, starch, and veggies all in the same meal.

2

2

Look for dark sesame oil at your supermarket. It's so flavourful that you need just a tiny bit.

Your ZeroPoint food categories



Check out some of your "Zero Heroes" starting on page 36.

Keep a bag of cooked prawns in your freezer. They're an easy way to add protein to stir-fries, soups, salads, and more.

Brown rice has more fibre than white rice. Using it in this meal saves 2 SmartPoints.

5-day menu

Just want to know what to eat? This meal plan will help you get started. Follow it, or mix and match. Skip the foods you don't love and dig into the ones you do.

Want more? With 1,200+ recipes in the WW app, your taste buds will never be bored.

Curious what other members are eating? Scroll through real-time posts on Connect!

Want more restaurant or grab & go options? Pick up a copy of our Eat Out & Shop guide in your Workshop.

Find all the recipes in this book at WW.com/myww-recipes

DAY 1

Breakfast

BLT CHEESE TOAST

1 slice of toast (calorie controlled bread) topped with 40g melted half-fat Cheddar cheese, 2 grilled bacon medallions, lettuce & chopped cherry tomatoes

5



Lunch

PULLED CHICKEN & BLACK BEAN SOUP*

0



Snacks

Sliced pear with 15g almond butter

3

Veg crudité with 1½ tbsp reduced fat houmous

3

Dinner

MIXED PEPPER & BEEF STIR-FRY

150g sliced peppers, 1 chopped spring onion, 70g beef sirloin steak (cut into strips) stir-fried in a honey sauce (1 tsp honey, 1 tsp soy sauce, ½ tsp cornflour & 1 tsp grated ginger) with 150g cauliflower 'rice'

3

DAY 2

Breakfast

PB BANANA TOAST

1 slice of toast (calorie controlled bread) topped with 1 tsp peanut butter, banana slices & a pinch of cinnamon

4

Lunch

GREEK PRAWN BOWL

100g sautéed prawns, ½ chopped courgette, 10 cherry tomatoes, 1 crushed garlic clove & ¼ tsp dried oregano with 75g cooked brown rice, 20g crumbled feta cheese, 1 tsp lemon juice & 1 tsp lemon zest

2

Snacks

150g 0% fat natural Greek yogurt topped with fresh fruit

0

WW bar

2



Dinner

CHICKEN & HALLOUMI SKEWERS

Marinate 165g skinless chicken breast, 50g light halloumi, ½ chopped red pepper & ½ chopped courgette in ½ tsp lemon juice, ¼ tsp olive oil, 2 sprigs of thyme & ½ chopped red chilli. Thread the marinated ingredients onto 2 skewers & grill. Serve with rocket

5



DAY 3

Breakfast

TROPICAL BLISS PORRIDGE

30g porridge oats made with 125ml coconut milk alternative & 60ml water. Top with 7g toasted coconut flakes, 80g mango chunks and 1 tbsp passion fruit pulp

3



Lunch

EATING OUT

Greggs Oriental Chicken and Sticky Rice Salad

9

Snacks

150g 0% fat natural Greek yogurt topped with fresh fruit

0

Turkey scotch egg*

2



Dinner

CHILLI CHICKPEA PASTA

75g wholewheat pasta (dry weight) cooked to pack instructions, with ½ chopped red onion, ½ crushed garlic clove, 1 tsp lemon zest, ½ sliced red chilli, ½ x 400g tin chickpeas, 100g broccoli & 1 tsp lemon juice

0

DAY 4

Breakfast

CREAM CHEESE & TOMATO BAGEL

1 toasted bagel thin with 1 tbsp medium-fat soft cheese & sliced tomato

6

Lunch

BAKED POTATO WITH TUNA MELT TOPPING

120g tin drained & rinsed tuna mixed with 1 chopped spring onion, ½ tsp chives, 1 tbsp reduced-fat mayo & 40g grated half-fat Cheddar cheese. Halve a baked potato & spoon the mixture onto each half to serve

4



Snacks

Medium latte with skimmed milk

4

Hard-boiled egg with spinach

0

Dinner

SMOKY AUBERGINE CHILLI WITH CAULIFLOWER RICE*

1



Track your meals and earn WellnessWins™. Redeem them for real rewards!

DAY 5

Breakfast

YOGURT WITH FRUIT
150g 0% fat natural Greek yogurt with chopped fruit

0

Lunch

LEMONY SALMON & POTATO SALAD

50g new potatoes, 75g green beans, 90g grilled salmon, 100g broccoli & 25g light feta with dressing (1 tsp olive oil, 1 tbsp lemon juice, 1 tsp lemon zest, 1 tsp dried herbs)

3



Snacks

Veg crudité with fresh salsa (no oil)

0

WW bar

2



Dinner

EATING OUT

Nando's Double Chicken Burger with PERi-PERi Sauce, Corn on the Cob and Mixed Leaf Salad

9

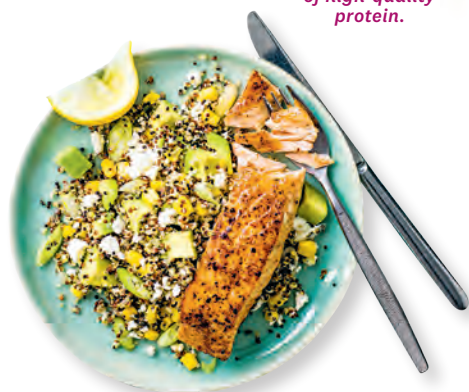
Up to 4 unused daily SmartPoints will be automatically rolled over so you can use them on another day.

*See pages 59-62 for the recipe

Zero Hero: Quinoa

ZeroPoint™ foods are super-flexible and can be used in lots of delicious (and unexpected) ways. Here are a few ideas to whet your appetite.

Quinoa is a gluten-free plant food source of high-quality protein.



Pack in the protein

Layer quinoa into grain bowls or add to salads for an extra hit of protein.
Blackened salmon with quinoa salad

Use it as a filling

Stuffing roasted vegetables with cooked quinoa makes for a delicious protein-packed vegetarian recipe.

Herby quinoa stuffed courgettes



A new twist on porridge

Put cooked quinoa in a bowl with skimmed milk and a little sugar. Microwave for a quick and satisfying hot breakfast.

Coconut quinoa with mango

Find all the recipes in this book at WW.com/myww-recipes



DID YOU KNOW?

Quinoa contains a coating called saponin, which can make it taste soapy and bitter. Be sure to rinse it before you cook it, or buy pre-rinsed quinoa at your supermarket.

PASTA, RICE & GRAINS

Amaranth	Chickpea pasta
Barley	Corn pasta
Black bean pasta	Edamame pasta
Brown basmati rice	Farro
Brown rice noodles	Freekeh
Brown rice	Hominy
Brown rice pasta	Kamut
Buckwheat	Kasha
	Lentil pasta
	Millet
	Oats
	Pea pasta
	Popcorn, air-popped, plain, made without oil
	Quinoa
	Popcorn kernels, plain
	Quinoa
	Quinoa pasta
	Red quinoa
	Roller oats
	Rye
	Shirataki noodles
	Soba noodles, 100% buckwheat
	Sorghum
	Soybean pasta
	Spelt
	Teff
	Thai brown rice
	Tri-colour quinoa
	Wheatberries
	Wholegrain pasta
	Wholegrain sorghum
	Wholewheat couscous
	Wholewheat pasta
	Wild rice
	Wild rice, brown



Pasta made of legumes/wholegrains must be 100% legume/wholegrain based

FOLD HERE



BEANS & LEGUMES	CHICKEN & TURKEY BREAS	EGGS	FISH/SEAFOOD
Adzuki beans	Chicken breast mince	Eggs, all types	Sashimi
Alfalfa sprouts	Turkey breast mince	Scallops	Sea bass
Bean sprouts	Skinnless chicken breast	Abalone	Sea urchin
Black-eyed peas	Skinnless turkey breast	Anchovies	Smoked haddock
Cannellini beans	Cottage cheese, plain, fat-free	Carp	Smoked mackerel
Chickpeas	Greek yogurt, plain, fat-free	Catfish	Smoked salmon
Edamame	Quark, plain, fat-free	Caviar	Smoked sturgeon
Fava beans	Soya yogurt, plain	Clams	Smoked trout
Kidney beans		Cod	Snails
Lentils		Crabmeat, lump	Snapper
Lima beans		Crayfish	Sole
Pinto beans		Cuttlefish	Squid
Refried beans, canned, fat-free		Eel	Sturgeon
Soya beans		Fish roe	Swordfish
		Flounder	Tilapia
		Grouper	Trout
		Haddock	Tuna
		Halibut	Tuna canned in water or brine
		Herring	Turbot
		Lobster	
		Mahi mahi	
		Monkfish	
		Mussels	
		Octopus	
		Orange roughy	
		Oysters	
		Perch	
		Pike	
		Pollock	
		Prawns	
		Salmon	
		Sardines, canned in water or brine	

TEAR HERE

FRUITS

Apples
Apricots, *fresh*
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementines
Cranberries, *fresh*
Dragon fruit
Figs, *fresh*
Frozen mixed berries, *unsweetened*
Fruit cocktail, *unsweetened*
Grapefruit
Grapes

VEGETABLES (NON-STARCHY)

Pomelo
Raspberries
Star fruit
Strawberries
Tangerines
Watermelon
Quorn, *tofu & tempeh*
Quorn, plain, all types
Tempeh, plain, all types
Tofu, plain, all types
Butternut squash
Cabbage, all types
Carrots
Cauliflower
Cauliflower rice
Celery
Chives
Coriander
Courgettes
Cucumber
Endive
Fennel
Frozen stir-fry vegetables, *no sauce*
Garlic
Ginger
Green beans
Hearts of palm

Kale
Kohlrabi
Leeks
Lettuce, all types
Mixed greens
Mushrooms
Okra
Onions
Oregano
Parsley
Pea shoots
Peppers
Pickles, *unsweetened*
Pumpkin
Radishes
Rosemary
Shallots
Spaghetti
Squash
Spinach
Spring onion
Summer squash
Swiss chard
Tarragon
Thyme
Turnips
Water chestnuts



If you're not familiar with some of these grains, it's a great excuse to try something new! Can't find them in your usual supermarket? Try your local health food store or buy them online.

Full version of the ZeroPoint foods list available on the WW app and at WW.com

TEAR HERE

myWW
STARTER
GUIDE

Zero Hero: Sweet potato



Give toast a makeover

Toasted sweet potato slices make a nutrient-rich replacement for bread.

Griddled peppers & halloumi sweet potato toasts



A healthy twist on crisps

Thinly slice sweet potato & roast in the oven for a delicious crunchy snack.
Oven-baked sweet potato crisps

Add them to sweet treats

Use cooked mashed sweet potatoes in bakes for added sweetness and fibre.

Sweet potato doughnuts



Lightly toasting pumpkin seeds increases their flavour.



DID YOU KNOW?

Not all sweet potatoes are the same. Japanese sweet potatoes have a thin, smooth skin, a milder flavour, and creamy yellow flesh.

Zero Hero: Oats



Rise and shine

Wake up to a nourishing breakfast by soaking your oats overnight then top with compôte and almonds.

Cherry Bakewell Bircher muesli



Oats contain compounds called **beta glucans**, which can help boost heart health.



On the go

Create oat-based bars for an on-the-go breakfast or a tasty afternoon snack.

Apricot & pistachio breakfast bars

Use them as a coating

Dish up some crispy goujons by using oats as a coating for chicken, fish or vegetables.

Oaty chicken goujons



Find all the recipes in this book at WW.com/myww-recipes

DID YOU KNOW?

Oats are one of the few foods that contain a unique group of antioxidants called **avenanthramides**, which may help to lower blood pressure and inflammation.

Build a meal

Start with a ZeroPoint™ food

0



Add some veggies

0



Bump up the flavour

1



Include some fats

3



Tofu, broccoli, and butternut squash with creamy tahini sauce

4



Tofu can be swapped for chicken breast in this recipe.

Start with ZeroPoint foods

0



Add some veggies

0



Bump up the flavour

1



Include some fats

1



Soba noodle chicken bowl

2



This recipe is very versatile - try prawns or pork instead of chicken, or edamame and pak choi instead of peas and spinach.

DID YOU KNOW?

To easily peel and prep ginger, run the back of your spoon over the skin. Then square off a piece of peeled ginger and chop, slice, or mince.

Ready to jump in?

Here are three quick, totally doable things you can tackle right now to get off to a great start.

1.

Put your next Workshop on your calendar

One study found that people who attended Workshops frequently were 11 times more likely to lose 5% of their body weight than those who didn't.⁹ And 5% is a big deal when it comes to health!¹⁰

2.

Find your ZeroPoint™ food list in the WW app

The more in tune you are with the app, the better! And not only because it's the easiest way to track: people who used the WW app regularly lost significantly more weight than those who didn't.¹¹

3.

Figure out what you're going to eat and track it

Becoming mindful - of what you eat, how much you move, and your weight - is one of the most powerful tools for weight loss.¹²



PINKI V.,
WW COACH



Good things are coming your way

If you're new to us, you'll get everything you need to live WW in the real world. If you've been with us a while, you'll get fresh inspiration (and a few surprises) to keep you going strong.

Check out your tools



Starter Emails

Get the scoop on how to make *myWW* work for you. Read them. Frame them. But don't ignore them.



Workshops

This is where the magic happens. Each week is designed to bring a breakthrough, and your fellow members provide inspiration.



Studio Finder

No matter where your life takes you, it's easy to find a Workshop. Filter by day, time, or location, and see which Coaches are there.



WellnessWins™

You'll earn Wins for building healthy habits. Trade them in for real rewards like products and experiences, all for free.



Connect

Our private, members-only community in the WW app is a huge source of inspiration. These are your people - come and meet them!



24/7 Expert Chat

Have a question about SmartPoints® or just need a little advice? Help is at your fingertips. Chat with a WW Coach, 24/7, all for free.

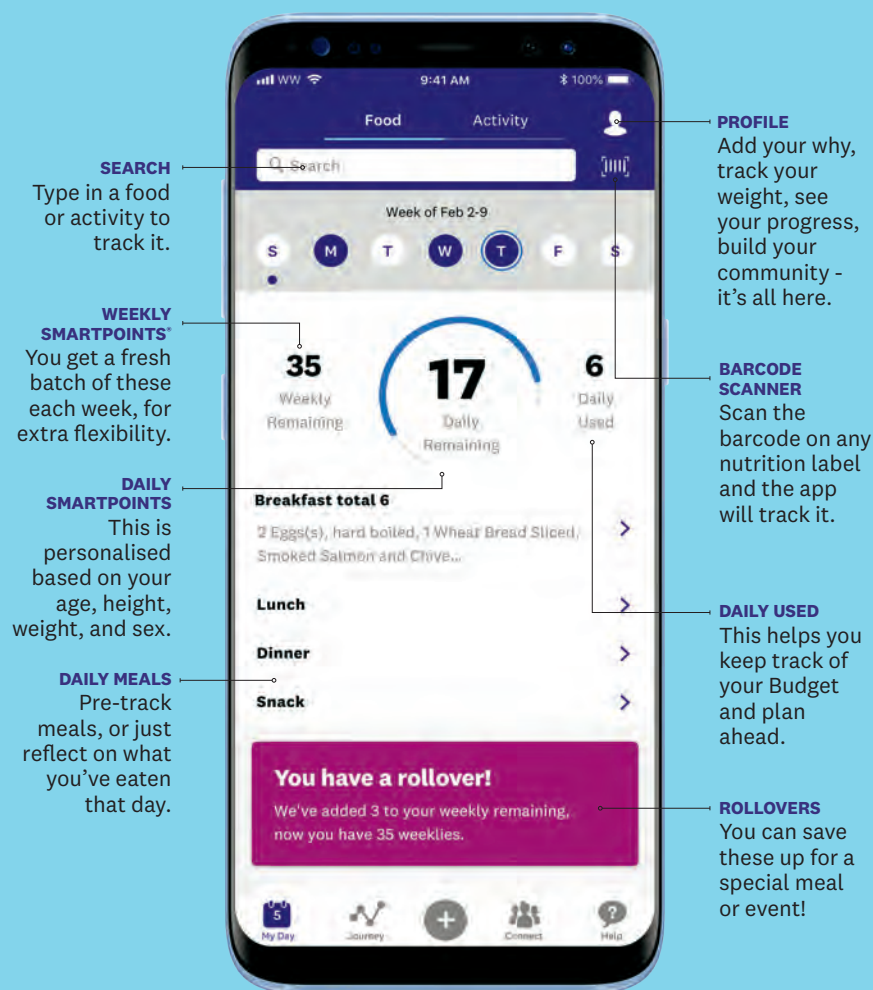


REBEKKA O.,
WW COACH



Let's talk tools...

Starting with our easy-to-use WW app! It's the best way to find recipes, track food and activity, and connect with others.



App screens shown for illustrative purposes only

Top tracked

Here are the 100 most tracked foods with SmartPoints® values. Use this as a reference, or just see what other members love!

	SmartPoints values				SmartPoints values		
	<div></div>	<div></div>	<div></div>		<div></div>	<div></div>	<div></div>
A							
Almond drink, unsweetened, 200ml	1	1	1	Crunchy peanut butter, 1 tablespoon, 15g	3	3	3
Almonds, 6 individual, 13g	2	2	2	Crusty white bread roll, 1 roll, 65g	5	5	5
Apple juice, 250ml	6	6	6	D			
Avocado, ½ medium, 78g	5	5	5	Digestive biscuit, 1 biscuit, 13g	2	2	2
B							
Back bacon, raw, 1 rasher, 35g	2	2	2	Dry white wine, 175ml	5	5	5
Bacon medallions, raw, 2 rashers, 40g	1	1	1	Duck breast, skinless, raw, 150g	4	4	4
Bacon, fat trimmed, raw, 1 rasher, 25g	1	1	1	E			
Baked beans, 3 tablespoons, 105g	3	3	3	Easy cook white rice, dry, 60g	6	6	6
Beef fillet steak, lean, raw, 150g	4	4	4	Egg noodles, dry, 60g	6	6	6
Beef silverside, lean, roasted, 45g	1	1	1	Extra lean beef mince (5% fat), raw, 125g	3	3	3
Boiled egg, 1 medium, 52g	2	0	0	F			
Bran flakes, 30g	4	4	4	Fat-free fruit yogurt, 1 pot, 150g	4	4	4
Brown bread, 1 slice, 35g	2	2	2	Feta cheese, 40g	4	4	4
Brown rice, dry, 60g	6	6	0	Fruit cocktail in syrup, 1 can, 210g	7	7	7
Brown sandwich thins, 1 thin, 39g	3	3	3	Fruit scone, 1 individual, 60g	8	8	8
Butter, 1 teaspoon, 5g	2	2	2	G			
C							
Caesar salad dressing, 1 tablespoon, 15ml	3	3	3	Garlic purée, 1 tablespoon 20g	2	2	2
Camembert, 40g	4	4	4	Gin, 25ml	2	2	2
Cashew nuts, 10 individual, 10g	2	2	2	Ginger nut biscuits, 1 biscuit, 10g	2	2	2
Cheddar cheese, 40g	6	6	6	Granulated sugar, 1 teaspoon, 5g	1	1	1
Chicken breast, skinless, raw, 165g	2	0	0	H			
Chocolate digestive biscuit, 1 biscuit, 17g	4	4	4	Halloumi, 40g	5	5	5
Coleslaw, 1 tablespoon 45g	3	3	3	Half-fat cheddar cheese, 40g	3	3	3
Corn flakes, 30g	3	3	3	Hoisin sauce, 1 tablespoon, 15ml	2	2	2
Corn on the cob, raw, 1 individual, 130g	5	0	0	Honey, 1 teaspoon, 8g	1	1	1
Cream cracker, 1 cracker, 7g	1	1	1	Houmous, 1 tablespoon, 30g	3	3	3
Crumpet, 1 individual, 60g	4	4	4				

TEAR HERE

Top tracked (cont.)

I			
Italian salad dressing, 1 tablespoon, 15ml	4	4	4
J			
Jaffa cake, 1 biscuit, 12g	2	2	2
Jam, 1 teaspoon, 18g	3	3	3
L			
Lager, 1 can, 330ml	3	3	3
Lemon curd, 1 teaspoon, 18g	3	3	3
Light salad cream, 1 tablespoon, 15g	1	1	1
Low fat spread, 1 teaspoon, 5g	1	1	1
M			
Margarine, soft, 1 teaspoon, 5g	1	1	1
Mayonnaise, 1 teaspoon, 5g	1	1	1
Milk chocolate, 2 squares, 14g	4	4	4
N			
New potatoes, raw, 100g	2	2	0
O			
Olive oil, 1 teaspoon, 5ml	2	2	2
Olives in brine, 10 individual, 30g	1	1	1
P			
Parmesan cheese, 1 tablespoon, 15g	2	2	2
Peas, fresh or frozen, 80g	2	0	0
Pork loin steak, lean, raw, 150g	6	6	6
Pork sausages, raw, 1 sausage, 20g	2	2	2
Porridge oats, 30g	3	3	0
Potatoes, raw, 150g	4	4	0
Premium ham, 1 slice, 35g	1	1	1
Prepacked ham, 3 slices, 33g	1	1	1
Prosecco, 125ml	4	4	4
R			
Red wine, 125ml	3	3	3
Reduced fat mayonnaise, 1 tablespoon, 15g	1	1	1

S			
Rich tea biscuits, 1 biscuit, 7g	1	1	1
Rosé wine, 175ml	5	5	5
T			
Salad cream, 1 tablespoon, 15ml	2	2	2
Salmon, raw, 1 fillet, 130g	5	0	0
Semi skimmed milk, 142ml	3	3	3
Skimmed milk, 142ml	2	2	2
Sliced granary bread, 1 slice, 35g	3	3	3
Smoked salmon, 60g	2	0	0
Soft white bread rolls, 1 roll, 60g	4	4	4
Sweet chilli sauce, 1 teaspoon, 5g	1	1	1
Sweet potatoes, raw, 150g	5	5	0
Sweetcorn, frozen, 80g	3	0	0
V			
Thick cut oven-baked chips, 100g	6	6	6
Tomato ketchup, 2 tablespoons, 30g	2	2	2
Tomato purée, 1 tablespoon, 20g	1	1	1
Tortilla wraps, 1 wrap, 42g	4	4	4
W			
Vegetable oil, 1 teaspoon, 5ml	1	1	1
Vegetable stock cubes, 1 cube, 10g	1	1	1
Y			
Wafer-thin ham, 2 slices, 46g	1	1	1
Wheat biscuits cereal (Weetabix), 1 biscuit, 19g	2	2	2
White basmati rice, dry, 60g	6	6	6
White bread, 1 slice, 35g	2	2	2
White pasta, dry, 60g	6	6	6
White pitta bread, 1 pitta, 60g	4	4	4
Wholemeal bread, 1 slice, 35g	2	2	2
Wholemeal pitta bread, 1 pitta, 60g	4	4	4
Wholewheat pasta, dry, 40g	4	4	0
Y			
Yorkshire puddings, 1 individual, 20g	1	1	1

TEAR HERE



ALMA L.,
MEMBER



Shopping list

This list covers all you need for the menu plans in this book.
Check off the items you need to buy: skip what you already have in.

Green

Fruit & vegetables

2 carrots
2 lemons
3 apples
3 onions
8 pears
3 tomatoes
175g new potatoes
225g green beans
550g broccoli
Asparagus
Aubergine
Celery
Fresh fruit
Garlic cloves (you'll need 7)
Lettuce
On-the-vine tomatoes
Red onion
Red pepper
Spinach
Mushrooms (50g chestnut, 275g Portobello)
Fresh herbs (chive, coriander, mint, sage)

Meat, fish, poultry & alternatives

2 bacon medallions
30g smoked salmon
90g skinless salmon fillet
100g ham
255g turkey breast mince
500g extra-lean beef mince (5%)
665g skinless

chicken breast fillets
Turkey breast slices

Dairy, eggs, chilled & frozen

8 eggs
10g smoked Cheddar
25g light feta
30ml buttermilk
40g Gorgonzola
45g Parmesan
110g half-fat Cheddar cheese
235g 0% fat natural Greek yogurt
Frozen peas
Low-fat cheese triangles
Low-fat spread
Medium-fat soft cheese
Reduced-fat houmous
Reduced-fat mayonnaise
Skimmed milk

Bakery

4 x 60g burger buns
Bagel thins
Calorie controlled bread
English muffins
Mini naan breads
Mini pitta breads
WW wraps

Store cupboard

3 x 400g tins chopped tomatoes

Blue

Fruit & vegetables

2 courgettes
3 lemons
3 onions
5 red peppers
6 olives
100g edamame beans
100g red cabbage
120g spinach
150g mixed peppers
Apple
Avocado
Banana
Beetroot
Blueberries
Carrot
Cherry tomatoes
Fresh fruit (for fruit salad)
Fresh herbs (basil, chives, mint, parsley, rosemary and thyme)
Fresh vegetables (for crudités)
Garlic cloves (you'll need 4)
Mixed salad leaves
Red onion
Rocket
Strawberries
Tomatoes

Meat, fish, poultry & alternatives

2 x 20g bacon medallions
3 x 165g skinless chicken breast fillets

400g tin chickpeas
Almonds
Almond butter
Baking powder
Bicarbonate of soda
Calorie controlled cooking spray
Capers
Chicken stock cube
Chilli flakes
Chipotle paste
Dijon mustard
Dried herbs
Dried lasagne sheets
Ground cinnamon
Honey
Hot pepper sauce
Lemon juice
Mild curry paste
Olive oil
Panko breadcrumbs
Plain flour
Porridge oats
Salt
Small pasta shells
Sundried tomato pesto
Vanilla extract
Wholemeal flour
White penne
Worcestershire sauce
WW crisps
WW Strawberry Granola

4 x 130g skinless salmon fillets
30g sliced roast beef
100g prawns
500g turkey breast mince

Dairy, eggs, chilled & frozen

12 eggs
15g half-fat Cheddar cheese
20g vegetarian Italian-style hard cheese
30g medium-fat soft cheese
350ml unsweetened almond milk
870g 0% fat natural Greek yogurt
Reduced-fat houmous
Reduced-fat mayonnaise
Skimmed milk
Tzatziki (you'll need 2 tbsp)

Bakery

1 toasting waffle
60g bread roll
Calorie controlled bread

Store cupboard

20g bag popcorn
40g orzo pasta
250g pouch microwaveable brown rice
300g tagliatelle pasta
400g tin chickpeas
400g tin chopped tomatoes
Agave syrup
Balsamic vinegar
Cacao powder

Calorie controlled cooking spray
Chilli flakes
Chopped hazelnuts
Date syrup
Dried herbs & spices (dried coriander, ground cinnamon, ground cumin, smoked paprika)
Flaked almonds
Lemon juice
Olive oil
Panko breadcrumbs (you'll need 50g)
Plain flour
Porridge oats
Rapeseed oil
Sugar (icing, caster)
Vanilla bean
Wholegrain mustard
WW bar
WW Soy, Chilli & Ginger dressing (you'll need 1 sachet)

Purple

Fruit & vegetables

2 aubergines
2 green chillies
2 limes
2 onions
2 red onions
2 red peppers
7 spring onions
50g new potatoes
75g green beans
80g mango chunks
150g mixed peppers
200g broccoli
650g cauliflower 'rice'
Baking potato
Banana
Cherry tomatoes

Courgette
Fresh fruit
Fresh ginger
Fresh herbs (chives, coriander, parsley and rosemary)
Fresh vegetables (for crudités)
Garlic cloves (you'll need 6 cloves)
Lemon
Lettuce
Passion fruit
Pear
Red chilli
Rocket
Spinach
Tomatoes

Meat, fish, poultry & alternatives

2 bacon medallions
4 x 165g skinless chicken breast fillets
70g beef sirloin steak
90g grilled salmon
100g prawns
500g turkey breast mince

Dairy, eggs, chilled & frozen

10 eggs
20g feta cheese
25g light feta
50g light halloumi
80g half-fat Cheddar cheese
100g plain soya yogurt
125ml coconut milk alternative
350g frozen sweetcorn
675g 0% fat natural Greek yogurt

Fresh salsa (no oil)
Medium-fat soft cheese
Reduced-fat houmous
Reduced-fat mayonnaise

Bakery

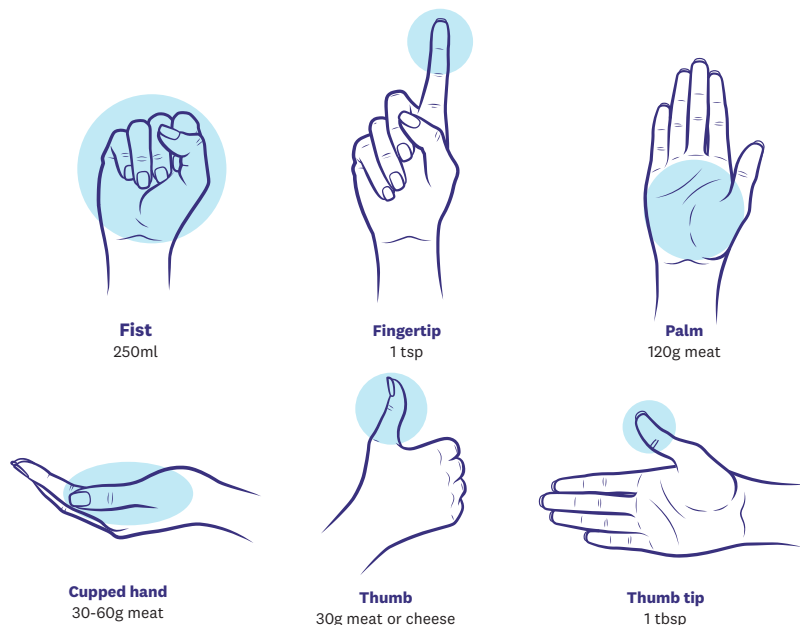
Bagel thins
Calorie controlled bread

Store cupboard

120g tin tuna in spring water
400g tin black beans
400g tin chickpeas
2 x 400g tin chopped tomatoes
400g tin kidney beans
Almond butter
Brown rice
Calorie controlled cooking spray
Chicken stock cube
Coconut flakes
Cornflour
Dried herbs & spices (cinnamon, oregano, dried mixed herbs, chilli powder, ground cumin, smoked paprika)
Honey
Lemon juice
Olive oil
Panko breadcrumbs
Peanut butter
Plain flour
Porridge oats
Rapeseed oil
Soy sauce
Tomato purée
Vegetable stock cube
Wholewheat pasta
WW bars

Portion estimator

Pulling out measuring spoons at a party? Not happening. Use this guide to help you estimate portions, using just your hand.*



*Of course, not all hands are the same size, so it wouldn't hurt to measure your own hand against some measuring spoons or scales, just so you know what you're working with.

Menu decoder

These words are hints that a dish might be high in SmartPoints.*

au gratin **battered** **bisque** **creamy**
dipped **double-baked** **hollandaise** just like mum's
pan-fried **tempura** **crispy**

Instead, look for:

grilled **boiled** **steamed**
poached **au jus** (cooked in its own juices)

→ WHY ARE PORTIONS IMPORTANT?

It's not to tell you how much to eat. Your hunger and SmartPoints Budget decide that. But being aware of how much you're eating is key because it helps you track accurately.

Your top questions

What do members want to know most? Glad you asked.



Can I eat as many ZeroPoint™ foods as I want?

ZeroPoint foods don't need to be measured or tracked, but that doesn't mean they're all-you-can-eat. Sure, you could boil a dozen eggs and eat them in front of the TV, but you probably won't feel so good. Eating any food, even ZeroPoint foods, to extremes could make you gain weight. Like everything, it's about balance and becoming mindful of what you're eating.

Can I switch plans?

Absolutely! But we recommend giving it 2 weeks before you make a change. Why? It can take a while to get used to a whole new way of eating. Our research shows that 2 weeks is a good amount of time to adjust.

If you decide that switching is what's best for you, you can do it in Settings in your WW app.

Is one plan "better" than another?

Nope. Each one is based on our proven SmartPoints® system and all are designed to give you similar weight loss. Ultimately, the programme that's "best" is the one that gives you the most flexibility, because that's the one that will be the most liveable for you.

Can I swap FitPoints® for SmartPoints?

We believe in moving more because it gives you energy, helps you feel comfortable in your own skin, and is vital in helping you keep off the weight you lose. Plus it just feels good. That's why you earn FitPoints for the movement you do. "Swapping" is when you swap the FitPoints you earn for more SmartPoints. To begin with, this feature is turned off in Settings. But if swapping works for you, feel free to turn it on.

You'll find more questions and answers in the Help section on the app or at WW.com

What's your why?

Sure, you want to lose weight and get healthier - but let's get more specific. *Why* do you want to do those things? Whatever moved you to join WW - whether it's to shed pounds or improve your overall wellness - your why is what anchors you and keeps you going when things get tough. **Here's how to make it work for you.**

Go with your gut

Ask yourself, "Why do I want to lose weight?" Don't stress over it; go with the first thing that comes to mind. (For example: "I'm tired of feeling out of breath and slow.")

Dig deeper

How would your life be different if you lost weight? ("I could walk further and say yes to doing fun, active things.")

Make it yours

Ask yourself again: Why do I want to lose weight? ("I want to have more stamina so I can do more things with my friends.")

Psst... The more specific and personal your why is, the more focused you'll be on the benefits weight loss and getting healthier bring. It'll also make your why more effective.

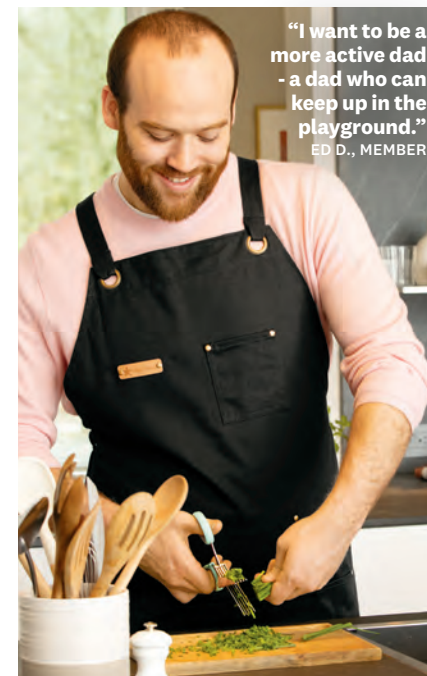
Make it stick

Write it down and put it somewhere you'll see it often. Or make it your phone background so you'll always have it with you.

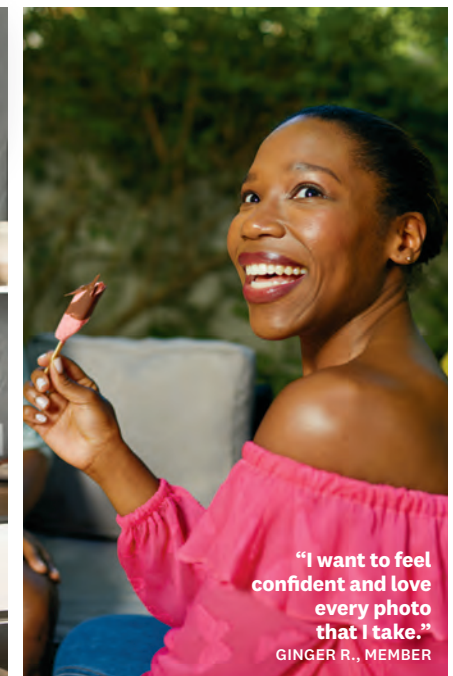
→ DID YOU KNOW?
Most people's why will change over the course of their journey. So if yours doesn't feel absolutely perfect, that's fine - what matters is that it works for you today.



"My original why was to be able to look at a photo of myself and not cringe. Now, it's to live a healthy life."
CHRISTINA T., MEMBER



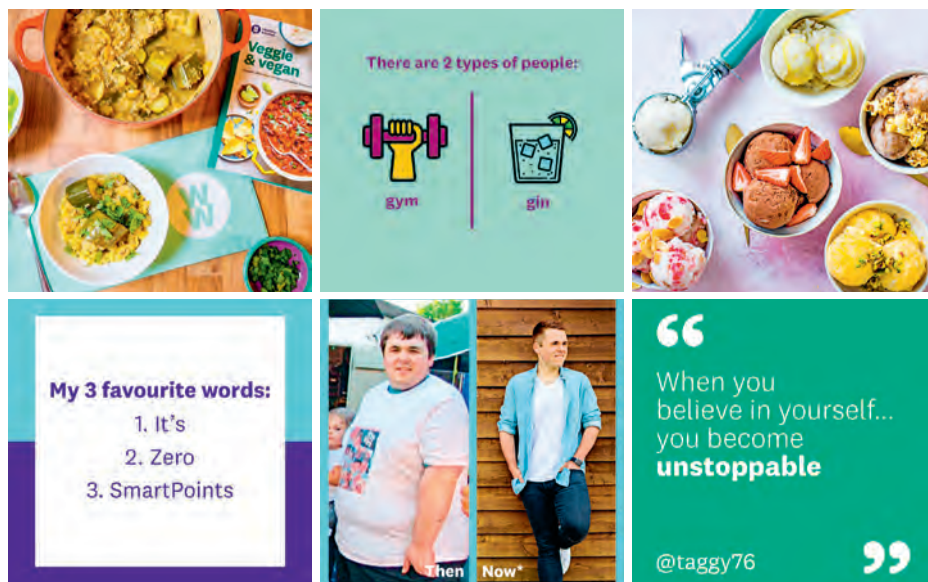
"I want to be a more active dad - a dad who can keep up in the playground."
ED D., MEMBER



"I want to feel confident and love every photo that I take."
GINGER R., MEMBER

Stay connected

Here's where you can find us between Workshops.
We're constantly serving up great tips, recipes, mantras, videos - basically, anything we think will help you succeed.



Check these out

#myWW #newbie #backontrack #wwfamily #wwfood
#mywwjourney #wwuk #mealprep



Connect

Your private, members-only community in the WW app.

WW.UK @ww.uk @ww_uk WW_UK

Oat pancakes with yogurt & pear

Serves 4 | Prep 20 mins | Cook 10 mins



Combine 450ml **skimmed milk**, 80g **porridge oats**, 1 tbsp **honey** & 1 tsp **vanilla extract** in a large bowl & let stand for 10 mins. Stir 1 lightly beaten **egg** into the oat mixture until well combined. In another bowl combine 90g **wholemeal flour**, ¼ tsp **baking powder**, 1 tsp **bicarbonate of soda**, ½ tsp **ground cinnamon** & ¼ tsp **salt**, stir the flour mixture into the oat mixture until just combined to make a batter. Mist a large nonstick frying pan with **calorie controlled cooking spray** & set over a medium heat. Drop 6 spoonfuls of the batter into the pan & cook for 3 mins, until bubbles appear on the surface. Flip, then cook for a further 3 mins. Remove from the pan, set aside & keep warm. Repeat with the remaining batter so you have 12 pancakes. Divide the pancakes between plates. Serve each plate with 2 tbsp **0% fat natural Greek yogurt** & 2 sliced **pears**.

Green bean, pasta, ham & egg salad

Serves 4 | Prep 10 mins | Cook 15 mins



Cook 200g **small pasta shells** to pack instructions, adding 150g **frozen peas** & 150g **green beans** for the final 4 mins of cooking time. Drain, then transfer the pasta & vegetables to a large serving bowl. Meanwhile, cook 4 **eggs** in a large pan of boiling water for 8 mins, drain & fill the pan with cold water. Allow the eggs to cool in the water for 5 mins, then peel & cut into quarters. Set aside. Combine 1½ tbsp snipped **fresh chives**, ½ tbsp **olive oil**, ½ tsp **Dijon mustard** & grated zest & juice of ½ **lemon** in a small jug. Drizzle over the pasta mixture & toss to combine. Toss 100g roughly chopped **ham** through the pasta salad. Top with the eggs & ½ tbsp snipped fresh chives to serve.

Pulled chicken chilli & black bean soup

Serves 8 | Prep 25 mins | Cook 30 mins



Heat 1 tsp **olive oil** in a large pan over a medium heat. Add 1 chopped **onion** & 2 chopped **green chillies** & season. Cook, stirring often for 7-10 mins, until the onion is soft. Stir in 1 crushed **garlic** clove, 1 chopped **red pepper**, 2 tsp **chilli powder** & 2 tsp **ground cumin** & cook for 1 min. Add 1 litre of **chicken stock** (made with 1 stock cube) & 400g tin **chopped tomatoes**. Bring to the boil, then reduce to a simmer. Add 3 x 165g **skinless chicken breast fillets** to the pot. Cover & simmer for 7-10 mins or until cooked through. Remove the chicken breasts from the pot & set aside to cool for 2-3 mins. Meanwhile, add 400g tin **black beans** (drained, rinsed) & 350g **frozen sweetcorn** to the pot, cook until heated through, for 2-3 mins. Shred the chicken with two forks & return to the soup. Stir in 1 tbsp **lime juice** & season. Serve topped with 225g **0% fat natural Greek yogurt**, 1 tbsp chopped **fresh coriander** & 5 thinly sliced **spring onions** divided between the bowls.



Classic lasagne

Serves 6 | Prep 15 mins | Cook 3 hrs 20 mins



Preheat the oven to 200°C, fan 180°C, gas mark 6. Wrap 1 **aubergine** in foil & bake for 1 hour 30 mins until soft, then chop into 1cm cubes. Heat 2 tsp **olive oil** in a pan & cook 1 **onion**, 2 **celery sticks** & 2 **carrots** (all diced) for 15 mins. Add 500g **extra-lean beef mince** (5%) & 4 chopped **garlic** cloves. Brown the mince, then add the aubergine, 100g **sun-dried tomato pesto**, 400g tin **chopped tomatoes** & a tin of water. Simmer for 30 mins. Gently heat 1 tbsp **low-fat spread**, 1 tbsp **flour** & 300ml **skimmed milk** in a pan. Simmer for 5 mins, add 45g grated **half-fat Cheddar cheese**. In an ovenproof dish, top ⅓ of the meat sauce with 3 **lasagne sheets**, then ⅓ of the cheese sauce. Repeat with remaining sauces and 6 sheets of pasta. Scatter over 15g grated **Parmesan** & 15g half-fat Cheddar. Bake for 45-50 mins at oven temp 190°C, fan 170°C, gas mark 5.

Almond milk & cacao ice 'cream'

Serves 4 | Prep 5 mins + freezing



Combine 350ml **unsweetened almond milk**, seeds from 1 **vanilla bean**, 1½ tsp **cacao powder** & 55g **agave syrup** in a medium bowl. Pour mixture into a freezer-safe container, cover & freeze for 1 hour. Fork over to break up any ice crystals & freeze until needed. Remove from freezer 15 mins before serving, divide between bowls & scatter over chopped **strawberries** to serve.



Smoky aubergine chilli with cauliflower rice

Serves 4 | Prep 5 mins | Cook 35 mins



Mist a large nonstick pan with **calorie controlled cooking spray** & set over a medium-high heat. Add 1 finely chopped **red onion** & cook for 6-8 mins until soft. Add 2 finely chopped **garlic** cloves, 1 tbsp **tomato purée**, ½ tsp **ground cumin**, ½ tsp **mild chilli powder**, 1 tsp **smoked paprika** & ½ tsp **dried oregano** & cook for another 2 mins. Stir in 2 chopped **aubergines** & cook for 1 min, then add 400g tin **chopped tomatoes** & 400ml **vegetable stock** (made with 1 stock cube). Stir to combine then bring to a boil. Reduce the heat & simmer uncovered for 20 mins, until the aubergine is tender. Add 400g tin **kidney beans** (drained & rinsed), juice of ½ **lime** & season. Simmer for another 5 mins, until the beans are warmed through. Meanwhile, mist a large nonstick frying pan with cooking spray & set over a medium heat. Add 500g pack **cauliflower 'rice'** & cook, stirring, for 5 mins until tender. Put 100g **plain soya yogurt** in a small bowl & sprinkle over the zest of ½ **lime** & a pinch of smoked paprika. Serve the chilli with the cauliflower 'rice', yogurt & **lime** wedges, with a handful of chopped **fresh coriander** scattered on top.

Sage & blue cheese chicken burgers

Serves 4 | Prep 15 mins | Cook 10 mins



Put 500g **skinless chicken breast** into a food processor & pulse until very finely chopped. Transfer to a bowl, then add 1 peeled, cored & grated **red apple**, 1 grated **red onion**, 15g **panko breadcrumbs**, 1 tbsp chopped **fresh sage**, 1 tbsp **hot pepper sauce** & 1 tbsp **Worcestershire sauce**. Season then shape the mixture into 4 patties. Heat a large nonstick griddle pan over a medium heat. Mist the patties all over with **calorie controlled cooking spray** & griddle for 4-5 mins on each side or until the chicken is cooked through. Meanwhile, to make the blue cheese dressing, combine 40g crumbled **Gorgonzola**, 2 tbsp **low-fat buttermilk** & 2 tsp **reduced-fat mayonnaise** in a small bowl & season. To assemble the burgers, split & toast 4 x 60g **burger buns** then spoon the dressing over the bases of each. Top with the chicken burgers, **tomato**, **lettuce** & remaining bun halves, then serve.

One-pot turkey & broccoli penne

Serves 4 | Prep 15 mins | Cook 25 mins



Mist a large nonstick pan with **calorie controlled cooking spray** & set over a medium heat. Add 225g **turkey breast mince**, cook for 5 mins, until no longer pink. Transfer to a large bowl using a slotted spoon & set aside. Heat 1 tsp **olive oil** in the same pan over a medium-high heat. Add 2 thinly sliced **garlic** cloves & cook for 30 seconds or until fragrant. Add 450g **Tenderstem broccoli**, then cover & cook, stirring occasionally, for 3 mins or until just beginning to wilt. Transfer the broccoli into the bowl with the mince using a slotted spoon. Add 230g **penne** & 800ml **chicken stock** (made with 1 stock cube) to the pan, bringing to a boil. Cook uncovered for 8 mins, stirring occasionally, then stir in the broccoli & mince. Cook for 2 mins, until the broccoli is tender, pasta is al dente & liquid has reduced to a saucy consistency. Remove the pan from heat, stir in 1½ tsp **Parmesan** & garnish with a pinch of **chilli flakes**. Divide between 4 plates & serve each portion sprinkled with ½ tsp **Parmesan**.



Tomato & pepper tagiatelle

Serves 4 | Prep 10 mins | Cook 20 mins



Heat the grill to high. Prick 3 **red peppers** all over using a fork, then arrange on a baking tray, cut-side down. Grill for 10 mins, until charred. Set aside, covered, until cool. Peel, then cut into thick strips. Meanwhile, cook 300g **tagiatelle** to pack instructions. Mist a nonstick pan with **calorie controlled cooking spray** & cook 1 finely chopped **onion** over a medium heat for 6-8 mins until softened. Add 2 crushed **garlic** cloves & cook for a further 1 min, then stir in 400g tin **chopped tomatoes**, half a tin of water & 3 tsp **balsamic vinegar**. Season well, then bring to a boil. Reduce the heat & simmer for 10 mins, uncovered, until thickened. Add the peppers, ½ tsp **chilli flakes** & 1 tbsp chopped **fresh parsley**. Toss the pasta with the sauce, then divide between plates & serve topped with extra chilli flakes, parsley & 5g **vegetarian Italian-style hard cheese** each.

Turkey scotch eggs

Serves 8 | Prep 25 mins + chilling | Cook 25 mins



Bring a pan of water to a boil, then reduce to a simmer. Gently lower 8 **eggs** into the pan & cook for 6-8 mins, then drain, fill the pan with cold water & set aside for a few mins to cool, then peel. Combine 1 finely chopped **onion**, 1 crushed **garlic** clove, 500g **turkey breast mince** & a handful of chopped fresh **thyme**, **rosemary** & **parsley** in a bowl. Divide the mixture into 8. Dust the work surface with 1 tbsp **plain flour**, roll each portion of mince into a ball, then flatten into a circle large enough to encase an egg. Put an egg in the centre & mould the mince around it so it's completely covered. Beat 1 egg in a bowl, put 4 tbsp plain flour on a plate & 50g **panko breadcrumbs** on a plate. Roll each egg in the flour, then the breadcrumbs. Put on a baking tray & chill in the fridge for 30 mins. Preheat the oven to 200°C, fan 180°C, gas mark 6. Heat 1 tbsp **olive oil** in a frying

pan & fry the breaded eggs, in batches, for 1-2 mins. Transfer to a baking tray & bake for 10-12 mins until golden.

Roasted salmon with chickpeas, courgette & red pepper

Serves 4 | Prep 25 mins | Cook 30 mins



Preheat oven to 220°C, fan 200°C, gas mark 7. Combine 1½ tsp **smoked paprika**, 1 tsp **ground coriander**, 1 tsp **ground cumin**, 1 tsp **salt** & a pinch of **black pepper**. Put 2 chopped **courgettes**, 1 chopped **red pepper**, 1 thinly sliced **red onion** & 400g tin **chickpeas** (drained & rinsed) on a baking tray. Add 3 tsp **olive oil** & 4 tsp of the spice mixture. Toss well to coat, then spread the veg out in a single layer. Bake for 20 mins. Meanwhile, coat 4 x 130g **skinless salmon fillets** with 1 tsp olive oil & the remaining spice mixture.

Once cooked, remove the veg from the oven. Clear 4 spaces on the tray & place a salmon fillet in each one. Bake for a further 10 mins, until the salmon is cooked through. To serve, top each salmon with 1 tbsp **0% fat natural Greek yogurt** & garnish with **mint leaves** & **lemon wedges**.

Chipotle mushroom nachos

Serves 4 | Prep 15 mins | Cook 20 mins



Preheat the oven to 200°C, fan 180°C, gas mark 6. Cut 4 x 42g **wholemeal wraps** into triangles & spread out on 2 baking sheets. Mist with **calorie controlled cooking spray** & season. Bake in the oven for 7-8 mins or until crisp, then set aside. Mist a pan with cooking spray, add 1 thinly sliced **onion** & cook over a medium heat for 6-8 mins, stirring, until soft. Add 1 chopped **red pepper**, 275g thickly sliced **mushrooms** & cook for a further 5 mins, until they start to soften. Strain 400g tin **chopped tomatoes** & set aside the juice. In a small jug, combine the chopped tomatoes, 10g **chipotle paste** & 40g **0% fat natural Greek yogurt**, then pour over the veg mixture & simmer for 5 mins, until the sauce is reduced. Add a splash of the reserved tomato juice, if too dry. Put the tortilla chips in an ovenproof dish & top with the mushroom chilli. Sprinkle over 50g grated **half-fat Cheddar cheese**, then grill under a medium heat until melted. To serve, top with 1 tbsp chopped fresh **coriander**.

For more menu planning and recipe inspiration, pick up KickStart 1 & 2 in your next two Workshops.

Are you a nursing mum, an adolescent, or have other circumstances we should consider? We can tailor the WW programme to your needs:

I'm a nursing mum
WW.com/uk/new-mum

I'm younger than 18
WW.com/uk/adolescents

I have diabetes
WW.com/uk/high-blood-sugar

I want to keep my weight steady
WW.com/uk/maintenance

Disclaimers and citations

SmartPoints® values based on available nutritional information (or estimated when required).

1. Six-month pre-post study conducted by the University of North Carolina funded by WW. Weight data reported by trial participants after 6 months on WW Freestyle™.

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