

# Blue 101

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

## At a glance

### DAILY SMARTPOINTS

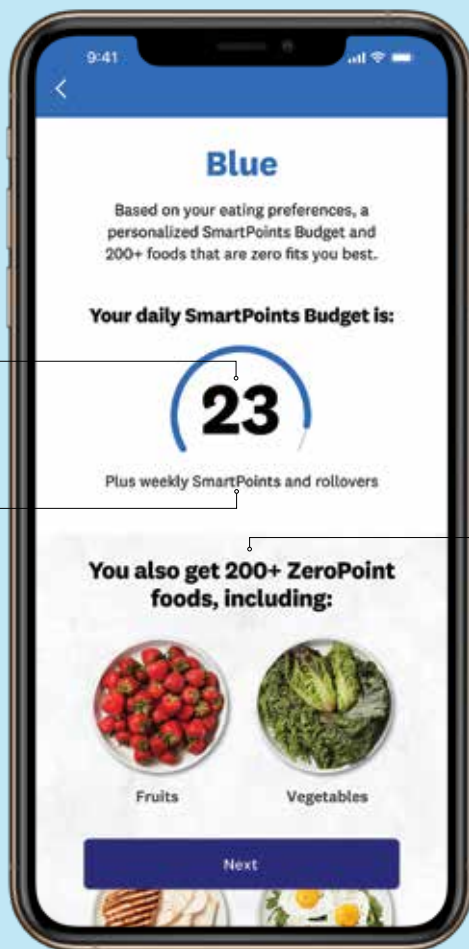
Spend these on any food you choose!

### WEEKLY SMARTPOINTS & ROLLOVERS

How you eat on a Tuesday is probably different from a Saturday. Weekly SmartPoints and rollovers keep things flexible and livable.

### ZEROPOINT™ FOODS

You'll find your full list of ZeroPoint foods in the WW app. Or just turn to p. 29.



### 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 flavor and tenderness for 0 SmartPoints.

6

3

Corn tortillas have fewer SmartPoints than flour tortillas, and they're more traditional in Mexican cuisine.

3

A little bit of a strongly flavored cheese goes a long way. Sharp cheddar and crumbled feta are tasty options.

0

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

## Your ZeroPoint food categories



Fruits



Vegetables



Eggs



Chicken & turkey breast



Fish/Shellfish



Nonfat yogurt & soy yogurt



Beans & legumes



Tofu & tempeh

Want some tips for making the most of your ZeroPoint foods? Turn to p. 27.

# 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 7,000+ 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!

↓  
Find all the recipes in this book at [WW.com/my-ww-recipes](http://WW.com/my-ww-recipes).

## DAY 1

### Breakfast

Irish steel-cut oats with pomegranate and pistachios

6



### Lunch

Honey mustard chicken salad whole-wheat sandwich and 1 oz pretzels

6

### Snacks

Parmesan-herb popcorn

3

.....

Apple slices drizzled with ½ Tbsp honey and cinnamon

2

### Dinner

#### ASIAN FISH AND VEGGIE BOWL

Combine steamed shrimp or crab, edamame, shredded carrots and cabbage, ½ cup brown rice, and 2 Tbsp ginger salad dressing

6



## DAY 2

### Breakfast

Egg and bacon breakfast slider with fresh fruit

5



### Lunch

#### OUT FOR PIZZA

1 large slice regular-crust cheese pizza (¼ of a 16-in pie) and a side salad with ¼ cup croutons and 1½ Tbsp Italian dressing

15

### Snacks

14 pistachios or 7 almonds

1

.....

Fresh fruit salad

0



### Dinner

Chicken, peach, and fig salad with ricotta salata

2

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

## DAY 3

### Breakfast

Nonfat plain Greek yogurt topped with fresh fruit and 2 Tbsp slivered almonds

2

### Lunch

Greek-Inspired veggie burger

8



### Snacks

1 cup chocolate-almond nice cream

7

.....  
Fresh vegetable sticks with 4 Tbsp hummus

4

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



### Dinner

#### DATE NIGHT

Roasted salmon with zucchini, chickpeas, and peppers

2

## DAY 4

### Breakfast

Waffles with lemony ricotta and blueberries

5



### Lunch

Pair 1 cup lentil-vegetable soup with a roast beef wrap on a medium flour tortilla, 3 oz deli-style roast beef, 1 Tbsp mustard, lettuce, sliced onion, tomato, and pickles

7



### Snacks

#### BIRTHDAY CELEBRATION

1 mini frosted cupcake and a cup of tea

5

.....  
1 light mozzarella cheesestick and some grapes

1

### Dinner

Greek chicken with tzatziki, orzo, and peppers

6

*Went over your Budget? Tap into your weekly SmartPoints.*

## DAY 5

### Breakfast

½ cup Greek yogurt with ¼ cup warm blueberry sauce

1



### Lunch

**OUT FOR JAPANESE**  
California roll (4 pieces), spicy tuna roll (4 pieces), edamame, and 1½ cups miso soup

10

*Want some green tea ice cream? Use your weekly SmartPoints!*

### Snacks

9 tortilla chips with fat-free salsa

3

.....  
Banana (or other fresh fruit)

0



### Dinner

#### FAMILY MEAL

Stuffed pasta shells and roasted veggies

9



Zero Hero:

# Tomato

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.



## Try these easy apps

Cherry tomatoes stuffed with cheese make for tasty bites.

*Cherry tomatoes stuffed with blue cheese and bacon*



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



## Go beyond beefsteak

Tomatoes come in many shapes and colors. Scout out heirloom varieties at your local farmers' market.

*Tomato, feta, and fresh herb tart*



## Try 'em grilled

Grilling tomatoes releases their naturally sweet juices, which will flavor the rest of your meal.

*Chicken, tomato, & polenta Parmesan packet*

### DID YOU KNOW?

Most tomato varieties are red, although other colors are possible—including green, yellow, orange, pink, black, brown, white, and purple.

# Build a meal

Start with  
a ZeroPoint™ food

0



Add some  
protein

0



Bump up  
the flavor

0



Include some  
fats

2



**Crispy  
salmon  
with French  
lentils**

2



*Try this same dish with arctic char and brown rice instead of salmon and lentils. No thyme or rosemary? Experiment with any other fresh herbs you have on hand.*

FOLD HERE

Start with  
a ZeroPoint food

0



Add some  
protein

3



Bump up  
the flavor

0



Include some  
fats

1



**Flank steak  
asado with  
pimenton oil**

4



*Spanish chorizo can be used instead of, or in addition to, the steak. Keep it light by looking for pre-cooked chicken chorizo.*

## DID YOU KNOW?

Adding a splash of acid (such as vinegar, lemon, or lime juice) just before serving a dish can help its flavor pop. Try a drizzle of champagne vinegar on the lentil salad.

## Blue ZeroPoint™ foods

Mangoes	Cauliflower	Parsley	Beans & Legumes	Eggs	Mussels	Tuna
Meyer lemons	Cauliflower rice	Pea shoots	Adzuki beans	Egg substitute	Octopus	Turbot
Nectarines	Celery	Peppers	Alfalfa sprouts	Egg whites	Orange roughy	Wahoo
Oranges	Chives	Pickles,	Bean sprouts	Egg yolks	Oysters	Whitefish
Papayas	Cilantro	Pico de gallo	Black beans	FISH/SHELLFISH	Perch	FRUITS
Peaches	Coleslaw mix	Pumpkin	Black-eyed peas	Alaskan king crab	Pike	Apples
Pears	Collard greens	Pumpkin puree	Cannellini beans	Anchovies,	Pompano	Applesauce, unsweetened
Split peas	Cucumber	Radishes	Chickpeas	in water	Salmon	Apricots, fresh
Succotash	Eggplant	Pumpkin	Edamame	Arctic char	Sardines, canned in water	Bananas
VEGETABLES (NON-STARCHY)	Endive	Red leaf lettuce	Great Northern beans	Bluefish	Butterfish	Blackberries
Asparagus	Escarole	Romaine lettuce	Lentils	Branzino	Scallops	Cantaloupe
Baby corn	Fennel	Rutabaga	Lima beans	Canned tuna, in water	Sea bass	Cherries
Bamboo shoots	Frozen stir-fry vegetables, no sauce	Salsa, fat-free	Navy beans	Carp	Sea cucumber	Clementines
Basil	Garlic	Sauerkraut	Pinto beans	Catfish	Sea urchin	Cranberries, fresh
Beet greens	Ginger	Scallions	Refried beans, canned, fat-free	Caviar	Shrimp	Dragon fruit
Beets	Green leaf lettuce	Shallots	Soy beans	Clams	Smelt	Figs, fresh
Bok choy	Hearts of palm	Spinach	Ground chicken breast	Cod	Smoked haddock	Frozen mixed berries, unsweetened
Broccoli	Iceberg lettuce	String beans	Ground turkey, 98% fat-free breast	Crabmeat, lump	Smoked salmon	Fruit cocktail, unsweetened
Broccoli rabe	Jicama	Swiss chard	Haddock	Crayfish	Smoked trout	Fruit salad, unsweetened
Broccoli slaw	Kale	Tarragon	Herring	Cuttlefish	Snails	Fruit salad, unsweetened
Brussels sprouts	Kohlrabi	Thyme	Skinless chicken breast	Eel	Shapper	Grapefruit
Butter/Bibb lettuce	Leeks	Tomatillos	Skinless turkey breast	Fish roe	Sole	Grapes
Butternut squash	Mint	Tomatoes	Wax beans	Flounder	Squid	Guava
Cabbage	Mixed greens	Turnips	Zucchini	Grouper	Steelhead trout	Honeydew
Canned pimientos	Mushrooms	Water chestnuts		Haddock	Striped bass	Kiwi
Carrots	Mustard greens	Okra		Halibut	Sturgeon	Lemons
	Napa cabbage	Onions		Lobster	Swordfish	Limes
	Nori (seaweed)	Oregano		Mahi mahi	Tilapia	
	Plain yogurt,			Monkfish	Trout	
	nonfat					
	Quark, plain, up to 1% fat					
	Soy yogurt, plain					
	TOFU & TEMPEH					
	Firm tofu					
	Silken tofu					
	Smoked tofu					
	Soft tofu					
	Tempeh					

Zero Hero:

# Eggs



## Whip 'em good

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

*Gingerbread meringue tarts*



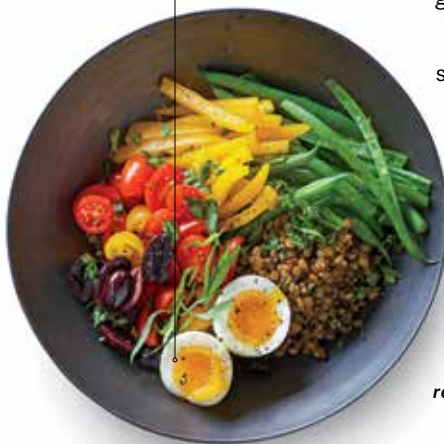
*Boiled, unpeeled eggs will last up to a week in the fridge.*



## Put them on a pizza

Add a flavor and protein boost to homemade pizza; top it with a scrambled egg.

*Breakfast scrambled egg pizza*



## Add them to entrées

Eggs are a great addition to vegetarian bowls, Asian stir-fry meals, and soups.

*French lentil bowl with creamy mustard vinaigrette*

↓  
*Find all the recipes in this book at [WW.com/my-ww-recipes](http://WW.com/my-ww-recipes).*

### 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.**



Zero Hero:

# Nonfat Yogurt



## Rolling in the dough

Combine self-rising flour and yogurt to make a versatile two-ingredient dough.

*Mexican soft tostadas*



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

## Move over, mayo

Swap yogurt for mayonnaise in salads and sides like coleslaw.

*Mediterranean tuna salad with lemon, red pepper, and oregano*



## Chill out

Add yogurt to ice pop recipes for a smooth and creamy texture.

*Greek yogurt fudge pops*



### 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 flavor.**

SUSAN S.,  
MEMBER

