





A woman with blonde hair, wearing a bright red long-sleeved shirt, white pants, a red fedora-style hat, and black and white patterned sandals, is captured mid-jump over a large, weathered wooden log. She is positioned on the left side of the frame, with her right leg on the log and her left leg extended forward. Her arms are raised, and she has a joyful expression. 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, suggesting a summer day.

# We're so glad you're here!

RACHAEL H.,  
MEMBER

On cover:  
MEMBERS  
MISSY V. AND  
GEORGIA C.  
AND WW GUIDE  
CASSIE D.



**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 program, 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 behavioral 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.

ELISHA L.,  
MEMBER



# 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 toward a healthier pattern of eating.

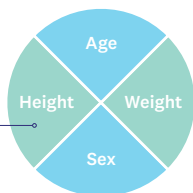
Calories form the baseline. Sugar and saturated fat make the number go up; protein lowers it.



## Your SmartPoints Budget is personalized to you.

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

*A 6'3" man has different nutritional needs than a 5'2" woman.*



## 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 color!



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.<sup>1</sup> (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 livable.

# 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 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, dog 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.<sup>2</sup> What does? Being kind to yourself and celebrating what your body can do.<sup>3</sup>

## 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.<sup>4,5,6</sup>



### 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.<sup>7</sup>



### 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 criticize, your body. Take a moment to appreciate it. ("My arms are important because they let me hug my child.")

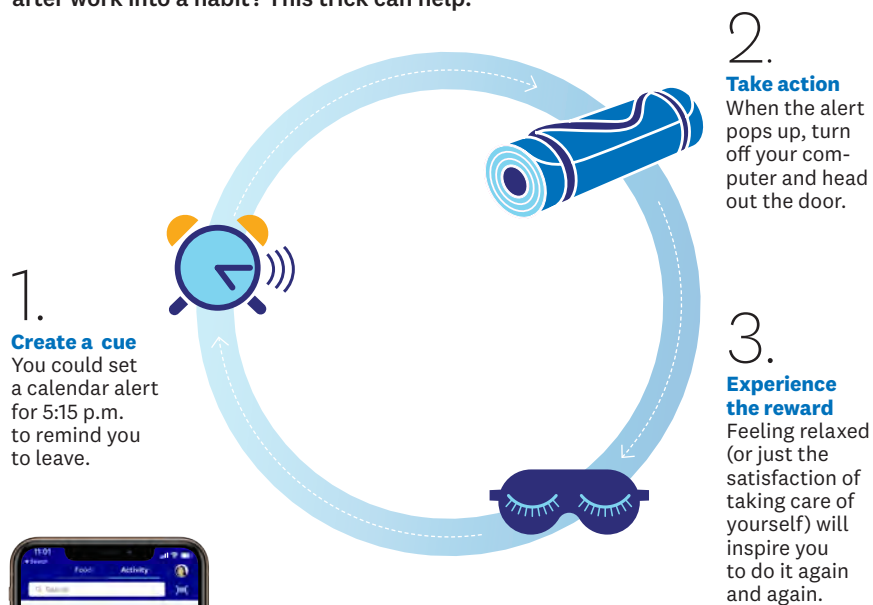


# Every move counts

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.<sup>8</sup>

## 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 scale, to see the progress you're making.



MARIA H.,  
WW GUIDE



ZACKORY K.,  
MEMBER



LESLIE N.,  
MEMBER





# 1 program, 3 ways to live it

The myWW™ program 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 toward a smaller list of foods that form the basis of healthy eating habits, with a sizable 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 a SmartPoints value.

## Blue

Blue guides you toward a list of foods that form the basis of healthy eating habits, with a SmartPoints Budget to 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 a SmartPoints value.

## Purple

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

SmartPoints

SmartPoints

SmartPoints

ZeroPoint

ZeroPoint

ZeroPoint



# Green 101

You get a personalized 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 livable.

**Green**

Based on your eating preferences, a personalized SmartPoints Budget and 100+ foods that are zero fits you best.

**Your daily SmartPoints Budget is:**

**30**

Plus weekly SmartPoints and rollovers

**You also get 100+ ZeroPoint foods, including:**

Fruits

Vegetables (non-starchy)

Next

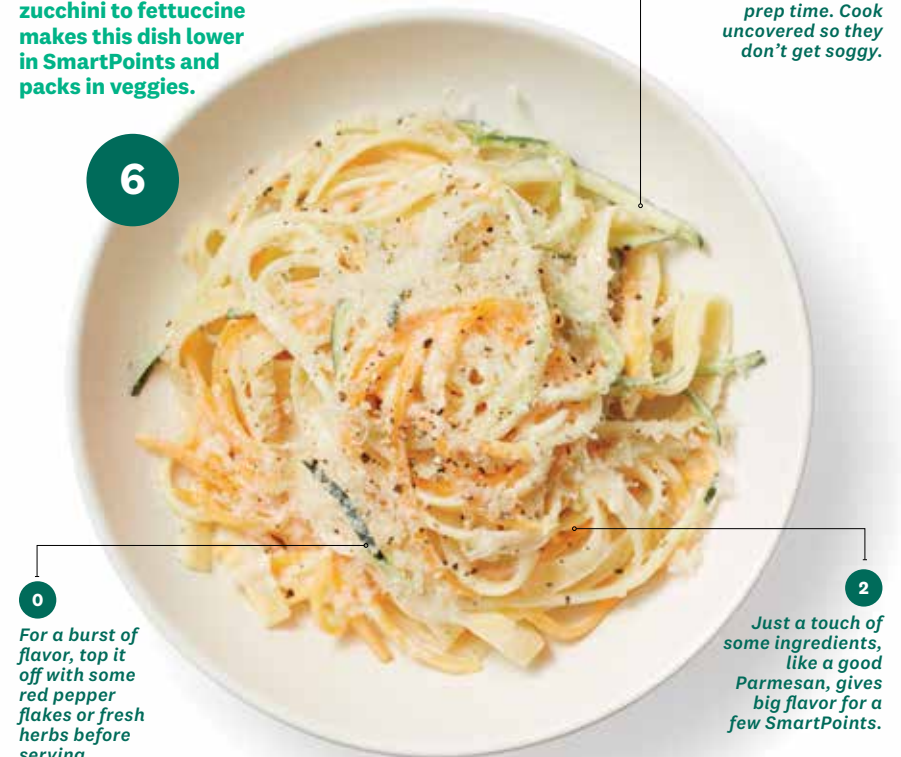
**ZEROPOINT™ FOODS**  
You'll find your full list of ZeroPoint foods in the WW app. Or just turn to p. 18.

## 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-color fettuccine alfredo

Adding spiralized butternut squash and zucchini to fettuccine makes this dish lower in SmartPoints and packs in veggies.



**0**  
For a burst of flavor, top it off with some red pepper flakes or fresh herbs before serving.

**4**  
You can buy pre-made zoodles to cut down prep time. Cook uncovered so they don't get soggy.

**2**  
Just a touch of some ingredients, like a good Parmesan, gives big flavor for a few SmartPoints.

## Your ZeroPoint food categories



Fruits



Vegetables (non-starchy)

Wondering what to do with a veggie like cauliflower? We've got ideas on p. 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 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

Mini bagel with 1 Tbsp whipped cream cheese and sliced tomato, with ½ cup orange juice

8

### Lunch

1 cup curry lime chicken salad served on a toasted open-face English muffin, plus a mixed green salad with 1½ Tbsp vinaigrette dressing

10



### Snacks

Medium (12 fl oz) latte made with low-fat milk

6

.....  
Basil-spinach dip & pita chips

4



### Dinner

Roasted chicken with squash and peppers

2

## DAY 2

### Breakfast

Smoked salmon and cream cheese muffin

4



### Lunch

#### OUT FOR MEXICAN

2 fast-food soft tacos with salsa and a side salad

8

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

### Snacks

Hard-boiled egg with fresh veggies

2

#### OFFICE PARTY

2 glazed doughnut holes with a cup of milky coffee

6

### Dinner

One-pot penne with broccoli rabe and sausage

10



## DAY 3

### Breakfast

Buttermilk-oat pancakes with yogurt and pear

9



### Lunch

Salmon Niçoise salad with lemon-caper dressing

9



### Snacks

3 oz deli-style turkey breast with 6 whole-wheat pita chips

3

.....  
Fruit, cheese, and nut plate

2

### Dinner

AT A BAR WITH FRIENDS  
12 fl oz light beer and grilled chicken on a bun

14

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

## DAY 4

### Breakfast

Egg and Canadian bacon sandwich with avocado and tomato

7

### Lunch

Turkey burger with squash fries

6



### Snacks

24 pistachios, 11 almonds, or 6 cashews, with an apple

2

.....  
1 oz pretzels

3



### Dinner

Spice-rubbed flank steak with fajita vegetables, plus 3 (6-in) corn tortillas and ¼ avocado

12

## DAY 5

### Breakfast

1 cup low-fat plain Greek yogurt with chopped freek fruit, 2 Tbsp granola, ½ Tbsp chopped walnuts

7

### Lunch

AT A CHINESE RESTAURANT  
1 cup wonton soup, 1 cup chicken and broccoli, ½ cup steamed rice

10

### Snacks

Fresh fruit salad

0

.....  
Blue corn nachos

4



### Dinner

Classic lasagna with roasted broccoli

9



## 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

Puree boiled cauliflower florets into mashed potatoes for extra creaminess. (Use half cauliflower and half potatoes.) *Cauliflower and potato mash with Gorgonzola*



*To cut down on prep time, look for bagged cauliflower rice in the produce or freezer section.*

### Grill it

Slice a whole head of cauliflower into ¾-inch slabs. Season and grill like a steak, flipping once. *Grilled cauliflower steaks with homemade pesto*



### Grate it

Use cauliflower rice as a pizza base. Or you can buy a cauliflower crust at many grocery stores. *Cauliflower crust pizza with feta, peppers, and olives*



#### DID YOU KNOW?

Pureed 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



### Bucatini all'Amatriciana

9



*To make it vegetarian, swap in veggie bacon or soy crumbles for the pancetta and use vegetable broth.*

FOLD HERE



### Chipotle-lime shrimp with corn and poblanos

5



*Make this dish brighter and sweeter by swapping a yellow or orange pepper for the poblanos. Hate cilantro? Parsley works well, too.*

#### DID YOU KNOW?

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



FOLD HERE		FOLD HERE	
Carrots	Pea shoots	Apples	Pears
Cauliflower	Peppers	Applesauce, unsweetened	Persimmons
Cauliflower rice	Pickles	Apricots, fresh	Pineapples
Celery	Pico de gallo	Bananas	Plums
Chives	Pumpkin	Blackberries	Pomegranates
Cilantro	Pumpkin puree	Blueberries	Pomelo
Coleslaw mix	Radishes	Cantaloupe	Raspberries
Collard greens	Red leaf lettuce	Cherries	Star fruit
Cucumber	Romaine lettuce	Clementines, fresh	Strawberries
Eggplant	Rosemary	Cranberries, fresh	Tangerines
Endive	Rutabaga	Dragon fruit	Watermelon
Fennel	Salsa, fat-free	Figs, fresh	
Frozen stir-fry vegetables, no sauce	Sauerkraut	Frozen mixed berries, unsweetened	
Garlic	Scallions	Fruit cocktail, unsweetened	
Ginger	Shallots	Fruit salad, unsweetened	
Green leaf lettuce	Spaghetti squash	Grapes	
Hearts of palm	Spinach	Grapefruit	
Iceberg lettuce	String beans	Guava	
Jicama	Summer squash	Honeydew	
Kale	Swiss chard	Kiwi	
Kohlrabi	Tarragon	Kumquats	
Leeks	Thyme	Lemons	
Mint	Tomatillos	Limes	
Mixed greens	Tomato puree, canned	Mangoes	
Mushrooms	Tomato sauce, canned	Meyer lemons	
Mustard greens	Tomatoes	Nectarines	
Napa cabbage	Turnips	Oranges	
Nori (seaweed)	Water chestnuts	Papayas	
Oak leaf lettuce	Wax beans	Peaches	
Okra	Zucchini		
Onions			
Oregano			
Parsley			



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



TEAR HERE		TEAR HERE	
Beets	Beet greens	VEGETABLES (NON-STARCHY)	
Bok choy	Broccoli	Acorn squash	
Broccoli rabe	Broccoli slaw	Artichoke hearts, no oil	
Brussels sprouts	Butter/Bibb lettuce	Artichokes	
Butternut squash	Cabbage	Asparagus	
		Baby corn	
		Bamboo shoots	
		Basil	

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## Zero Hero: Apple



**Not just for pies**  
Sautéed apples are delicious paired with chicken and pork.  
*Apple-braised chicken*



Drizzle the cut surfaces of an apple with a bit of lemon juice to prevent them from browning.

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



## A new spin on sandwiches

Thickly sliced crisp apples (like Granny Smith) are a delicious substitute for bread. Just add fillings.  
*Turkey, spinach, and cheese apple sandwich*



**Skip the added sugar**  
Cooked apples add sweetness (but no SmartPoints® value) to breakfast recipes.  
*Spiced-apple-stuffed French toast casserole*

DID YOU KNOW?  
Apples release a gas called ethylene, which causes some produce to ripen faster. Store apples separately from other fruit (unless you want them to ripen fast, too).

## Zero Hero:

# Banana

### Bite-size muffins

Bake up some bite-size banana, coconut, and raspberry muffins.

*Mini banana & raspberry cakes*



Rescue overripe bananas by popping them in the freezer to use in future cakes, muffins, or breads.



### Whip it

Frozen bananas and coconut water can be blended in a food processor to create a healthy “nice cream.” Pair with mango for a refreshing flavor.

*Banana mango whip*



### Bake them

Give classic banana bread a savory twist by adding zucchini and sour cream.

*Banana, zucchini & sour cream bread*



#### DID YOU KNOW?

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



## Zero Hero:

# Pumpkin



Make sure to buy canned pumpkin puree, not pumpkin pie filling! They're two very different things.



### Be snacktastic

Swap jazzed-up canned pumpkin for ice cream in parfaits.  
*Creamy pumpkin-  
ginger parfaits*

### Make a better batter

Adding canned pumpkin to pancakes helps reduce the amount of butter needed and adds 7 grams of fiber.  
*Pumpkin spice pancakes*



### Boost your sauces

Canned pumpkin adds extra creaminess to sauces in pasta recipes.  
*Mac-and-cheese donuts*

Combining canned pumpkin with flavorings and letting them sit for an hour will infuse the pumpkin with the flavor.



#### DID YOU KNOW?

Every single part of a pumpkin is edible. Yep, you can eat the skin, leaves, flowers, pulp, seeds, and even the stem!



# 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.

**Blue**  
Based on your eating preferences, a personalized SmartPoints Budget and 200+ foods that are zero fits you best.

**Your daily SmartPoints Budget is:**

23

Plus weekly SmartPoints and rollovers

**You also get 200+ ZeroPoint foods, including:**

Fruits

Vegetables

Next

**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.



## Your ZeroPoint food categories



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.



Mangoes	Cauliflower	Parsley	BEANS & LEGUMES	EGGS	Mussels	Tuna
Meyer lemons	Cauliflower rice	Pea shoots	Adzuki beans	Egg substitute	Octopus	Turbot
Nectarines	Celery	Peppers	Alfa sprouts	Egg whites	Orange roughly	Wahoo
Oranges	Chives	Pickles, unsweetened	Black beans	Egg yolks	Oysters	Whitefish
Papayas	Cilantro	Pico de gallo	Black-eyed peas	Eggs	Pike	<b>FRUITS</b>
Peaches	Coleslaw mix	Pumpkin	Cannellini beans	<b>FISH/SHELLFISH</b>	Pollock	Apples
Pears	Collard greens	Pumpkin puree	Chickpeas	Abalone	Sardines, canned in water	Applesauce, unsweetened
Persimmons	Cucumber	Radishes	Edamame	Alaskan king crab	Pompano	Apricots, fresh
Pineapples	Eggplant	Red leaf lettuce	Fava beans	Arctic char	Salmon	Bananas
Plums	Endive	Romaine lettuce	Great Northern beans	Bluefish	Sashimi	Blackberries
Pomegranates	Escarole	Rosemary	Kidney beans	Branzino	Scallops	Blueberries
Pomelo	Fennel	Rutabaga	Lentils	Butterfish	Sea bass	Cantaloupe
Raspberries	Frozen stir-fry vegetables, no sauce	Salsa, fat-free	Lima beans	Canned tuna, in water	Sea cucumber	Cherries
Star fruit	Garlic	Sauerkraut	Lupini beans	Carp	Sea urchin	Clementines
Strawberries	Ginger	Scallions	Navy beans	Catfish	Shrimp	Cranberries, fresh
Tangerines	Green leaf lettuce	Shallots	Pinto beans	Caviar	Smelt	Dragon fruit
Watermelon	Hearts of palm	Spaghetti squash	Refried beans, canned, fat-free	Clams	Smoked haddock	Figs, fresh
<b>NONFAT YOGURT &amp; SOY YOGURT</b>	Iceberg lettuce	Spinach	Soy beans	Cod	Smoked salmon	Frozen mixed berries
Greek yogurt, plain, nonfat	Jicama	String beans	<b>CHICKEN &amp; TURKEY BREAST</b>	Crabmeat, lump	Smoked sturgeon	unsweetened
Plain yogurt, nonfat	Kale	Summer squash	Ground chicken breast	Cuttletfish	Smoked trout	Fruit cocktail, unsweetened
Quark, plain, up to 1% fat	Kohlrabi	Swiss chard	98% fat-free ground turkey, breast	Eel	Smoked whitefish	Fruit salad, unsweetened
Soy yogurt, plain	Leeks	Tarragon	Skinless chicken breast	Fish roe	Snails	Fruit salad, unsweetened
<b>TOFU &amp; TEMPEH</b>	Mint	Thyme	breast	Flounder	Snapper	Grapefruit
Firm tofu	Mixed greens	Tomatillos	Ground turkey, 98% fat-free	Grouper	Sole	Grapes
Silken tofu	Mushrooms	Tomato puree, canned	Ground turkey, breast	Haddock	Squid	Guava
Smoked tofu	Napa cabbage lettuce	Tomato sauce, canned	Turnips	Halibut	Steelhead trout	Honeydew
Soft tofu	Nori (seaweed)	Tomatoes	Water chestnuts	Herring	Striped bass	Kiwi
Tempeh	Oak leaf lettuce	Turnips	Wax beans	Lobster	Sturgeon	Kumquats
	Okra	Water chestnuts	Zucchini	Monkfish	Tilapia	Limes
	Onions				Trout	
	Oregano					

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## Zero Hero: Eggs



### Whip 'em good

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



### Put them on a pizza

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



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



### 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





# 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.

**Blue**


Based on your eating preferences, a personalized SmartPoints Budget and 200+ foods that are zero fits you best.

**Your daily SmartPoints Budget is:**


23

Plus weekly SmartPoints and rollovers

**You also get 200+ ZeroPoint foods, including:**



Fruits



Vegetables

Next

**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.



**3**  
A little bit of a strongly flavored cheese goes a long way. Sharp cheddar and crumbled feta are tasty options.

**3**  
Corn tortillas have fewer SmartPoints than flour tortillas, and they're more traditional in Mexican cuisine.

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

## Your ZeroPoint food categories



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.

Mangoes	Cauliflower	Parsley	BEANS & LEGUMES	EGGS	Mussels	Tuna
Meyer lemons	Cauliflower rice	Pea shoots	Adzuki beans	Egg substitute	Octopus	Turbot
Nectarines	Celery	Peppers	Alfa sprouts	Egg whites	Orange roughly	Wahoo
Oranges	Chives	Pickles, unsweetened	Black beans	Egg yolks	Oysters	Whitefish
Papayas	Cilantro	Pico de gallo	Black-eyed peas	Eggs	Perch	<b>FRUITS</b>
Peaches	Coleslaw mix	Pumpkin	Cannellini beans	<b>FISH/SHELLFISH</b>	Pike	Apples
Pears	Collard greens	Pumpkin puree	Chickpeas	Abalone	Pollock	Applesauce, unsweetened
Persimmons	Cucumber	Radishes	Edamame	Alaskan king crab	Pompano	Apricots, fresh
Pineapples	Eggplant	Red leaf lettuce	Fava beans	Anchovies, in water	Salmon	Bananas
Plums	Endive	Romaine lettuce	Great Northern beans	Arctic char	Sardines, canned in water	Blackberries
Pomegranates	Escarole	Rosemary	Kidney beans	Branzino	Sashimi	Blueberries
Pomelo	Fennel	Rutabaga	Lentils	Butterfish	Scallops	Cantaloupe
Raspberries	Frozen stir-fry vegetables, no sauce	Salsa, fat-free	Lima beans	Canned tuna, in water	Sea bass	Cherries
Star fruit	Garlic	Sauerkraut	Lupini beans	Carp	Sea cucumber	Clementines
Strawberries	Ginger	Scallions	Navy beans	Catfish	Sea urchin	Cranberries, fresh
Tangerines	Green leaf lettuce	Shallots	Pinto beans	Caviar	Shrimp	Dragon fruit
Watermelon	Hearts of palm	Spaghetti squash	Refried beans, canned, fat-free	Clams	Smelt	Figs, fresh
<b>NONFAT YOGURT &amp; SOY YOGURT</b>	Iceberg lettuce	Spinach	Soy beans	Cod	Smoked haddock	Frozen mixed berries
Greek yogurt, plain, nonfat	Jicama	String beans	<b>CHICKEN &amp; TURKEY BREAST</b>	Crabmeat, lump	Smoked salmon	unsweetened
Plain yogurt, nonfat	Kale	Summer squash	Ground chicken breast	Butterfish	Smoked sturgeon	Fruit cocktail, unsweetened
Quark, plain, up to 1% fat	Kohlrabi	Swiss chard	98% fat-free ground turkey, breast	Cuttlefish	Smoked whitefish	Fruit salad, unsweetened
Soy yogurt, plain	Leeks	Tarragon	Skinless chicken breast	Eel	Snails	Grapefruit
<b>TOFU &amp; TEMPEH</b>	Mint	Thyme	breast	Fish roe	Snapper	Grapes
Firm tofu	Mixed greens	Tomatillos	Ground turkey, 98% fat-free	Flounder	Sole	Guava
Silken tofu	Mushrooms	Tomato puree, canned	Ground turkey breast	Grouper	Squid	Honeydew
Smoked tofu	Mustard greens	Tomato sauce, canned	breast	Haddock	Steelhead trout	Kiwi
Soft tofu	Napa cabbage lettuce	Tomatoes	breast	Halibut	Striped bass	Kumquats
Tempeh	Nori (seaweed)	Turnips	breast	Herring	Sturgeon	Lemons
	Oak leaf lettuce	Water chestnuts	breast	Lobster	Tilapia	Limes
	Okra	Wax beans		Monkfish	Trout	
	Onions	Zucchini				
	Oregano					

FOLD HERE

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## 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





# Purple 101

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

## At a glance

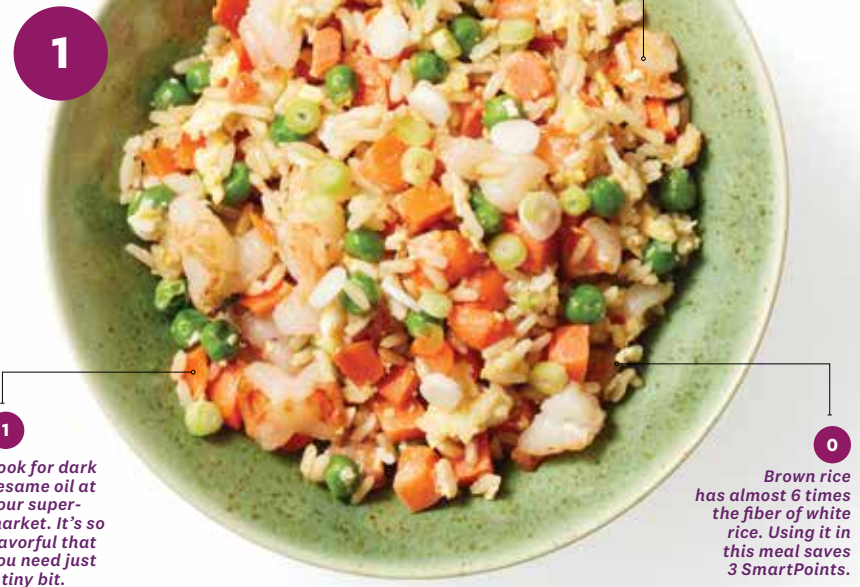
**DAILY SMARTPOINTS**  
Spend these on any food you choose!

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

**ZEROPOINT™ FOODS**  
You'll find your full list of ZeroPoint foods in the WW app. Or just turn to p. 38.

→ **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.

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



**1**  
Look for dark sesame oil at your super-market. It's so flavorful that you need just a tiny bit.

**0**  
Keep a bag of cooked shrimp in your freezer. They're an easy way to add protein to stir-fries, soups, salads, and more.

**0**  
Brown rice has almost 6 times the fiber of white rice. Using it in this meal saves 3 SmartPoints.

## Your ZeroPoint food categories



Check out some of your "Zero Heroes" starting on p. 37!



# 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

BLT breakfast cheese toast with an orange

3



### Lunch

Pulled chicken ancho chili and black bean soup with 7 tortilla chips and 3 Tbsp of homemade guacamole

4



### Snacks

Sliced pear or apple with 1 Tbsp almond butter

3

Buttermilk-herb dip with crudité

0

### Dinner

POST-SOCCER PRACTICE  
Beef and vegetable stir-fry with brown rice

6

Special dessert?  
Want a beer? Tap into your weekly SmartPoints!\*

## DAY 2

### Breakfast

Toast 1 frozen whole-grain waffle, spread with 1 Tbsp peanut butter, and top with banana slices and a dash of cinnamon.

5

### Lunch

GREEK SHRIMP BOWL  
Steamed shrimp, cooked farro, lettuce, peppers, and cucumber, with 1½ Tbsp crumbled feta, lemon juice, and fresh dill

1



### Snacks

Banana-chocolate chip mini-muffin and coffee with fat-free milk

3

Air-popped popcorn with sea salt

0

### Dinner

Chicken Parmesan sandwich with Italian-inspired vegetable soup

7



## DAY 3

### Breakfast

Cranberry-almond morning barley

4



### Lunch

Pesto chicken salad sandwich with Italian arugula salad

8

### Snacks

Grapes, 2 oz low-fat cheddar, 7 almonds

3

Deviled eggs with capers and dill

0



### Dinner

Chickpea and spinach stew served over whole-wheat couscous

1

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

## DAY 4

### Breakfast

Western omelette

2



### Lunch

OUT FOR BURGERS  
Small fast-food cheeseburger with condiments and a garden salad with 1 Tbsp Italian dressing

11

### Snacks

Plain fat-free cottage cheese with fresh fruit

0

Banana or apple

0

### Dinner

Italian turkey sausage and pepper pasta

3



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

## DAY 5

### Breakfast

Poblano and egg breakfast sandwich with fresh fruit

4

### Lunch

Barbecue ranch chicken salad

4



### Snacks

BOOK CLUB NIGHT  
2 medium chocolate-covered strawberries

3

Fresh veggies with 3 Tbsp homemade guacamole

2

### Dinner

Swordfish & veggie skewers with creamy avocado sauce, served with brown rice or quinoa

3



## 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.



### Pack in the protein

Layer quinoa in vegetarian bowls. You can treat it like a grain (it's really a seed), and it adds extra protein.

*Greek quinoa bowls with chickpeas, peppers, and eggplant*

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

### Totally delicioso

Quinoa makes a great stand-in for rice in paella.



### A new twist on oatmeal

Put cooked quinoa in a bowl with fat-free 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/my-ww-recipes](http://WW.com/my-ww-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.



#### WHOLE-WHEAT PASTA & GRAINS

Air-popped popcorn, no oil or sugar  
Air-popped popcorn, no oil or sugar, with salt and/or spices  
Amaranth  
Ancient grain mix, no seeds  
Barley  
Black bean pasta  
Brown basmati rice  
Brown rice  
Brown rice cereal, 100%  
Brown rice noodles  
Brown rice pasta  
Brown rice-quinoa blend



Buckwheat noodles  
Buckwheat soba noodles  
Bulgur  
Chickpea pasta  
Corn pasta  
Edamame pasta  
Farro  
Freekeh  
Instant brown rice  
Instant oatmeal, plain  
Kamut  
Kasha  
Lentil pasta  
Millet  
Oatmeal, plain  
Oats  
Pea pasta  
Popcorn kernels for at-home popping  
Quick-cooking barley  
Quick-cooking brown rice  
Quick-cooking regular oats  
Quick-cooking steel-cut oats  
Quinoa  
Quinoa pasta  
Red quinoa  
Rolled oats  
Rye berries  
Shirataki noodles  
Sorghum  
Soybean pasta  
Spelt  
Spelt berries  
Steel-cut oats  
Teff  
Thai brown rice  
Tri-color quinoa  
Wheat berries  
Whole-grain pasta  
Whole-grain sorghum  
Whole-wheat couscous  
Whole-wheat pasta  
Wild rice  
Wild rice-brown rice blend

FOLD HERE



**BEANS & LEGUMES**  
Adzuki beans  
Alfalfa sprouts  
Bean sprouts  
Black beans  
Black-eyed peas  
Cannellini beans  
Chickpeas  
Edamame  
Fava beans  
Great Northern beans  
Hominy  
Kidney beans  
Lentils  
Lima beans  
Lupini beans  
Navy beans  
Pinto beans  
Refried beans, canned, fat-free  
Soy beans  
**CHICKEN & TURKEY BREAST**  
Ground chicken breast  
Ground turkey, 98% fat-free  
Ground turkey breast  
Skinless chicken breast  
Skinless turkey breast  
**DAIRY & DAIRY ALTERNATIVES**  
Cottage cheese, plain, nonfat  
Greek yogurt, plain, nonfat  
Quark, plain, up to 1% fat  
Soy yogurt, plain  
**EGGS**  
Egg substitute  
Egg whites  
Egg yolks  
Eggs  
**FISH/SHELLFISH**  
Abalone  
Alaskan king crab  
Anchovies  
Arctic char  
Bluefish  
Branzino  
Butterfish  
Canned tuna, in water  
Carp  
Catfish  
Clams  
Cod  
Crabmeat, lump  
Crayfish  
Cuttlefish  
Dungeness crab  
Eel  
Fish roe  
Flounder  
Grouper  
Haddock  
Halibut  
Herring  
Lobster  
Mahi mahi  
Monkfish

Mussels  
Octopus  
Orange roughy  
Oysters  
Perch  
Pike  
Pollock  
Pompano  
Salmon  
Sardines, canned in water or sauce  
Sashimi  
Scallops  
Sea bass  
Sea cucumber  
Sea urchin  
Shrimp  
Smelt  
Smoked haddock  
Smoked salmon  
Smoked sturgeon  
Smoked trout  
Smoked whitefish  
Snails  
Snapper  
Sole  
Squid  
Steelhead trout  
Striped bass  
Sturgeon  
Swordfish  
Tilapia

TEAR HERE



Trout  
Tuna  
Turbot  
Wahoo  
Whitefish

**FRUITS**  
Applesauce, unsweetened  
Apricots, fresh  
Bananas  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Clementines

Limes  
Mangoes  
Meyer lemons  
Nectarines  
Oranges  
Papayas  
Peaches  
Pears  
Persimmons  
Pineapples  
Plums  
Pomegranates  
Pomelo  
Raspberries  
Star fruit  
Strawberries  
Tangerines  
Watermelon



Mashed potatoes, plain  
Mashed sweet potatoes, plain  
New potatoes  
Oven-roasted potato wedges, without oil  
Oven-roasted sweet potato fries, without oil  
Purple potatoes  
Red potatoes  
Roasted potatoes, without oil  
Roasted sweet potatoes, without oil  
Russet potatoes  
Sweet potatoes  
Taro  
White potatoes  
Yams  
Yellow potatoes  
Yucca  
Yukon gold potatoes

**POTATOES & SWEET POTATOES**  
Baby potatoes  
Baked potatoes  
Baked sweet potatoes  
Canned sweet potato, unsweetened  
Cassava  
Fingerling potatoes  
Frozen potatoes, prepared without fat  
Idaho potatoes  
Japanese sweet potato

**VEGETABLES (STARCHY)**  
Canned corn  
Corn  
Green peas  
Parsnips  
Peas  
Split peas  
Succotash

**VEGETABLES (NON-STARCHY)**  
Acorn squash  
Artichoke hearts, no oil  
Artichokes  
Arugula  
Asparagus  
Baby corn  
Bamboo shoots  
Basil  
Beet greens  
Beets  
Bok choy  
Broccoli  
Broccoli rabe  
Broccoli slaw  
Brussels sprouts  
Butter/Bibb lettuce  
Butternut squash  
Cabbage  
Canned pimientos  
Carrots  
Cauliflower  
Cauliflower rice  
Celery  
Chives

Cilantro  
Coleslaw mix  
Collard greens  
Cucumber  
Eggplant  
Endive  
Escarole  
Fennel  
Frozen stir-fry vegetables, no sauce  
Garlic  
Ginger  
Green leaf lettuce  
Hearts of palm  
Iceberg lettuce  
Jicama  
Kale  
Kohlrabi  
Leeks  
Mixed greens  
Mushrooms  
Mustard greens  
Napa cabbage  
Nori (seaweed)  
Oak leaf lettuce  
Okra  
Onions  
Oregano  
Parsley  
Pea shoots  
Peppers  
Pickles, unsweetened  
Pico de gallo  
Pumpkin



Pumpkin puree  
Radishes  
Red leaf lettuce  
Romaine lettuce  
Rosemary  
Rutabaga  
Salsa, fat-free  
Sauerkraut  
Scallions  
Shallots  
Spaghetti squash  
Spinach  
String beans  
Summer squash  
Swiss chard  
Tarragon  
Thyme  
Tomatillos  
Tomato puree, canned  
Tomato sauce, canned  
Turnips  
Water chestnuts  
Wax beans  
Zucchini

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## Zero Hero: Sweet potato



### Give toast a makeover

Toasted sweet potato slices make a nutrient-rich replacement for bread.  
*Bacon, egg, and cheese sweet potato toast*

### Replace the fat

Stir cooked, mashed sweet potatoes into quick-bread batter to cut back on sugar and oil.  
*Sweet potato quick bread with pumpkin seeds*

Lightly toasting pumpkin seeds increases their flavor.



Sweet potato puree adds an antioxidant boost!



### Add creaminess

Sweet potato puree makes soups thick and rich, with almost no dairy.  
*Spanish-spiced roasted pepper bisque*

### DID YOU KNOW?

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

## Zero Hero: Oats



### Rise and shine

Wake up to a nourishing breakfast by soaking your oats overnight and topping with juicy mango in the morning.

*Tropical overnight oats*



### A new twist on muffins

Warm up with a warm oat-and-cinnamon mug muffin.

*90-second mug muffin*

*Use a food processor to finely process oats before adding to the mixture.*



### Satisfying snack

Add a dose of fiber to your homemade energy balls by adding finely chopped oats to the mixture.

*Choc peanut bliss balls*



#### DID YOU KNOW?

Oats contain antioxidants plus key minerals, like magnesium and zinc, and beta-glucan—a type of a soluble fiber that can help regulate blood sugar and improve total cholesterol.



## Zero Hero: Chickpeas



**Replace eggs in sweet treats**  
Pureed chickpeas add fiber and protein to no-bake cookie bites. No-cook peanut buttery cookie dough bites



**Boost your burger**  
Use chickpeas in veggie burger patties. It gives them a rich, slightly nutty taste. Chickpea and brown rice veggie burger

Don't love the texture of chickpeas? Roast them in sheet-pan meals in place of starches. They'll get nice and crunchy.

### Power up pasta

Add them to pasta dishes for more fiber and protein. No-mayo pasta e ceci salad



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

#### DID YOU KNOW?

A chickpea plant's deep root system helps prevent soil erosion. It also requires little to no fertilizer, and its leaves have a natural insecticide that keeps bugs away.

## Build a meal

Start with a ZeroPoint™ food

0



Add some veggies

0



Bump up the flavor

0



Include some fats

3



**Tofu, broccoli, and butternut squash with creamy tahini sauce**

3



Cubes of chicken breast can be swapped for the tofu in this recipe. Just make sure the chicken reaches an internal temp of 165°F.

Start with ZeroPoint foods

0



Add some veggies

0



Bump up the flavor

0



Include some fats

1



**Soba noodle chicken bowl**

1



This recipe is very versatile—try shrimp or pork instead of chicken, or edamame and bok choy 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.<sup>9</sup> And 5% is a big deal when it comes to health!<sup>10</sup>

2.

## Find your ZeroPoint™ food list in the WW app

The more in tune you are with your 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.<sup>11</sup>

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.<sup>12</sup>



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 Streak" emails

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



### 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.



### Connect

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



### Workshops

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



### WellnessWins™

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



### 24/7 Expert Chat

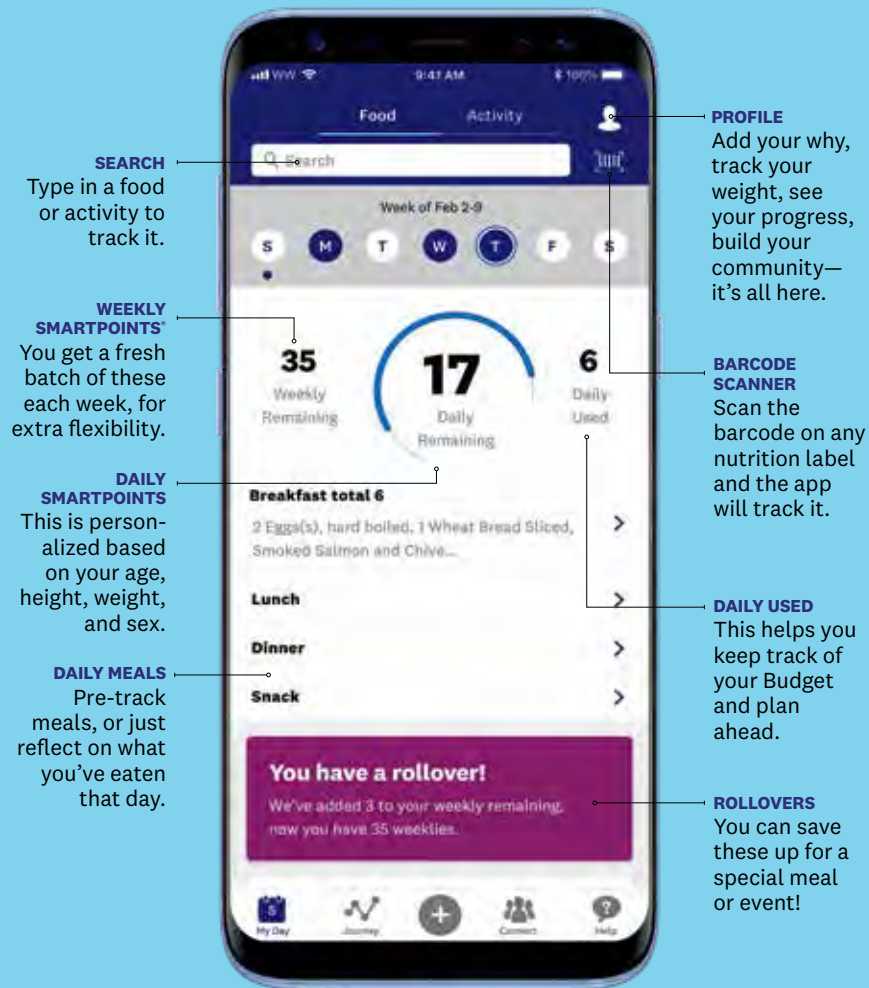
Have a question about SmartPoints® or just need a little advice? Help is at your fingertips. Chat with a WW Coach, 24/7, right in the app.



REBEKA 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.



# Top tracked

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

	SmartPoints values				SmartPoints values		
	●	●	●		●	●	●
<b>A</b> Portion*				<b>Chicken or turkey breast,</b> cooked, no skin or bone, 3 oz	2	0	0
<b>Almond milk,</b> plain, unsweetened, 8 fl oz	1	1	1	<b>Chicken salad,</b> homemade or restaurant style, ½ cup	4	4	4
<b>Almonds,</b> ¼ cup	4	4	4	<b>Coffee,</b> brewed, with 2 Tbsp regular creamer, 8 fl oz	2	2	2
<b>Avocado,</b> raw, ¼	3	3	3	<b>Coleslaw,</b> homemade, ½ cup	3	3	3
<b>B</b>				<b>Cookies,</b> homemade, chocolate chip, oatmeal, sugar, or similar type, 1 cookie	3	3	3
<b>Bacon,</b> cooked, crisp, 3 slices	5	5	5	<b>Crackers,</b> graham, 2 squares	2	2	2
<b>Bacon,</b> turkey, cooked, 3 slices	3	3	3	<b>Cream,</b> 2 Tbsp			
<b>Beans</b>				<b>Sour,</b> reduced-fat	2	2	2
<b>Black or pinto,</b> ½ cup	3	0	0	<b>Sour,</b> regular	3	3	3
<b>Garbanzo,</b> ½ cup	4	0	0	<b>Whipped,</b> aerosol	1	1	1
<b>Balsamic vinegar,</b> 1 Tbsp	1	1	1	<b>E</b>			
<b>Beef,</b> cooked, 3 oz				<b>English Muffin,</b> 1			
<b>Ground,</b> 90% lean	4	4	4	<b>Light</b>	2	2	2
<b>Ground,</b> 95% lean	3	3	3	<b>Light,</b> whole-wheat	3	3	3
<b>Steak,</b> lean (round or loin, with visible fat trimmed)	3	3	3	<b>Regular,</b> any type	4	4	4
<b>Beer,</b> 12 fl oz				<b>Egg,</b> prepared without oil or milk, 1 item	2	0	0
<b>Light</b>	3	3	3	<b>F</b>			
<b>Regular (lager types)</b>	5	5	5	<b>Fish,</b>			
<b>Bread,</b> any type, 1 slice	2	2	2	<b>Salmon,</b> farmed, cooked, 3 oz	4	0	0
<b>Brownie,</b> prepared from mix, 2-inch square	5	5	5	<b>Salmon,</b> wild, cooked, 3 oz	3	0	0
<b>Butter,</b> 1 Tbsp				<b>Flour tortilla,</b> 1 medium	3	3	3
<b>Regular</b>	5	5	5	<b>Fries,</b> French, 10	7	7	7
<b>Whipped</b>	3	3	3	<b>G</b>			
<b>C</b>				<b>Guacamole,</b> homemade or restaurant, 2 Tbsp	1	1	1
<b>Cereal,</b> oatmeal, cooked, 1 cup	5	5	0	<b>H</b>			
<b>Cheese</b>				<b>Half and half</b>			
<b>American,</b> 1 slice	4	4	4	<b>Fat-free,</b> 2 Tbsp	1	1	1
<b>Cottage,</b> low-fat (1%), 1 cup	3	3	3	<b>Regular,</b> 2 Tbsp	2	2	2
<b>Cream cheese,</b> light, 1 Tbsp	1	1	1	<b>Ham</b>			
<b>Cream cheese,</b> regular, 1 Tbsp	2	2	2	<b>Cooked,</b> lean, 3 oz	2	2	2
<b>Feta,</b> crumbled, 1 oz	3	3	3				
<b>Mozzarella,</b> part skim, 1 oz	2	2	2				
<b>Parmesan,</b> grated, 1 oz	4	4	4				
<b>Chicken,</b> thigh, boneless, skinless, cooked, 4 oz	4	4	4				

TEAR HERE



# Top tracked (cont.)

	●	●	●
Deli-sliced, honey, lean, 2 oz	2	2	2
Hamburger, roll or bun, plain, 1	4	4	4
Honey, 1 tsp	1	1	1
Hummus, 2 Tbsp	2	2	2
<b>K</b>			
Ketchup, 1 Tbsp	1	1	1
<b>M</b>			
Mayonnaise			
Light, 2 Tbsp	3	3	3
Regular, 1 Tbsp	3	3	3
Milk, 8 fl oz			
1%, low-fat or light	4	4	4
2%, reduced-fat	5	5	5
Fat-free	3	3	3
Whole	7	7	7
<b>O</b>			
Oats, old-fashioned, uncooked, ½ cup	4	4	0
Oil, 1 tsp			
Olive	1	1	1
Vegetable	1	1	1
Olives, 6 large	1	1	1
Orange juice, 8 fl oz	6	6	6
<b>P</b>			
Pancake, any type, from mix (4-inch), 1	2	2	2
Pasta, whole-wheat penne, cooked, 1 cup	4	4	0
Peanut butter, smooth, with salt, 2 Tbsp	6	6	6
Peanuts, ¼ cup	6	6	6
Pizza, ⅓ of 14-inch pie, restaurant type, thin crust			
Cheese	8	8	8
One-meat topping	9	9	9
Popcorn			
Air-popped at home, 2 cups	2	2	0
Movie, without butter, 3 cups	5	5	5
Plain, oil popped, 2 cups	3	3	3
Pork chop, cooked, lean without bone, 3 oz	3	3	3
Potato chips, regular, 1 oz	5	5	5

	●	●	●
Potatoes			
Baked, plain, 1 medium	5	5	0
Mashed, home-prepared, with whole milk added, 1 cup	5	5	5
Sweet, cooked, ½ cup	3	3	0
White or red, cooked, ½ cup	2	2	0
Pretzels, 1 oz	3	3	3
<b>Q</b>			
Quinoa, cooked, 1 cup	6	6	0
<b>R</b>			
Rice cakes, plain, 1	1	1	1
Rice, cooked, 1 cup			
Brown, long-grain	7	7	0
White, long-grain	6	6	6
<b>S</b>			
Saltine crackers, 5	2	2	2
Soup, chicken noodle, 1 cup	2	2	2
Spaghetti, cooked, 1 cup	5	5	5
Sugar, 1 tsp			
Brown	1	1	1
White, granulated	1	1	1
<b>T</b>			
Tortilla chips, 12	4	4	4
Tortilla, corn, 6-inch, 1	2	2	2
Tuna			
Canned, chunk in water, 3 oz	1	0	0
Salad, ½ cup	5	4	4
Turkey, deli-sliced, 2 oz	1	1	1
<b>V</b>			
Vodka, 1½ fl oz	3	3	3
<b>W</b>			
Walnuts, ¼ cup	6	6	6
Wine, 5 fl oz	4	4	4
<b>Y</b>			
Yogurt, plain, unsweetened, nonfat, Greek, 1 cup	3	0	0
Yogurt, plain, unsweetened, nonfat, 1 cup	5	0	0

TEAR HERE



ALMA L., MEMBER

# Flavor boosters

These ingredients are a surefire way to add flavor while keeping SmartPoints® low. All have a SmartPoints value of 1!



**Dried cranberries**  
1 Tbsp



**Maple syrup**  
1 tsp



**Shredded Parmesan cheese**  
2 Tbsp



**Blue cheese**  
1 Tbsp



**Olives**  
8 large



**Pistachios**  
14 nuts



**Powdered sugar**  
2 tsp

*You don't need much. A little powdered sugar goes a long way.*



**Almonds**  
7 nuts



**Candied ginger**  
2 Tbsp

# Stock your pantry

This is a great list of recipe staples. Check off the items you want; skip what you don't need.

## PRODUCE

- ☐ Fresh fruit
- ☐ Fresh vegetables
- ☐ Fresh herbs
- ☐ Leafy greens, coleslaw mix, or shredded carrots for salads
- ☐ Pre-cut fresh vegetables for soup, stir-fries, and kabobs
- ☐ Corn
- ☐ Peas (green, sugar snap, snow, etc.)
- ☐ Silken or firm, regular or low-fat tofu

## MEAT + POULTRY + FISH

- ☐ Skinless chicken or turkey breast, chicken thighs
- ☐ 98% fat-free ground turkey or chicken
- ☐ Lean pork chop or pork loin
- ☐ Lean, trimmed flank steak, beef tenderloin, or strip sirloin
- ☐ Fish
- ☐ Shellfish



## DAIRY + EGGS

- ☐ Eggs, whole or egg substitute
- ☐ Fat-free or low-fat milk
- ☐ Regular soy milk (plain)
- ☐ Almond milk
- ☐ Nonfat plain yogurt
- ☐ Reduced-fat or regular cheese
- ☐ Low-fat shredded or string cheese
- ☐ Crumbled feta or Parmesan cheese
- ☐ Reduced-fat cream cheese
- ☐ Nonfat cottage cheese
- ☐ Part-skim ricotta cheese



## BREAD + CEREAL

- ☐ Reduced-calorie bread
- ☐ Thin sandwich bread or English muffins
- ☐ Whole-wheat or corn tortillas
- ☐ Plain oatmeal
- ☐ Unsweetened shredded wheat or whole-grain cereal
- ☐ Pizza dough

## DELI

- ☐ Roasted whole chicken
- ☐ Lean deli meats
- ☐ Hummus

## GRAINS + PASTA

- ☐ Whole-grain or regular pasta
- ☐ Brown rice or white rice
- ☐ Bulgur, quinoa, or barley

## CANNED FOODS + STAPLES

- ☐ Tomato sauce or jarred marinara sauce
- ☐ Diced tomatoes
- ☐ Fat-free salsa
- ☐ Black beans or chickpeas
- ☐ Vegetables (without added salt, sugar, or oil)
- ☐ Unsweetened fruit (in water)
- ☐ Chicken or vegetable broth
- ☐ White tuna (in water), canned salmon
- ☐ Peanut or other nut/seed butter

## SNACKS

- ☐ Air-popped popcorn
- ☐ Popcorn kernels for at-home popping
- ☐ Baked potato or tortilla chips
- ☐ Almonds
- ☐ Pistachio nuts

## FROZEN

- ☐ Edamame
- ☐ Vegetables (without added sauce and salt)
- ☐ Unsweetened fruit
- ☐ Veggie burgers (with 2 g of fat or less)
- ☐ Vegetarian ground "meat"
- ☐ Whole-grain waffles
- ☐ Sorbet



## SEASONINGS + CONDIMENTS

- ☐ Cooking spray, oil, and vinegar
- ☐ Salt and pepper
- ☐ Dried herbs and spices, seasoning mixes, dry rubs
- ☐ Hot sauce
- ☐ Mustard
- ☐ Ketchup
- ☐ Reduced-sodium soy sauce
- ☐ Steak sauce
- ☐ Teriyaki sauce

TEAR HERE

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# Portion estimator

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



**Fist**  
1 cup



**Fingertip**  
1 tsp



**Palm**  
3 oz meat



**Cupped hand**  
1-2 oz meat



**Thumb**  
1 oz meat or cheese



**Thumb tip**  
1 Tbsp

*\*Of course, not all hands are the same size, so it wouldn't hurt to measure your own hand against some measuring spoons or cups, 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 mom's  
**pan-fried** tempura **crispy**

*Instead look for:*

**grilled** broiled **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.

TEAR HERE

# 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 colors?

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 right in Settings.

## Is one color "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 color that's "best" is the one that gives you the most flexibility, because that's the one that will be the most livable 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 start, this feature is turned off in Settings. But if swapping works for you, feel free to turn it on.

# 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 farther 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 brings. It'll also make your why more effective.

## Make it stick

Write it down and put it someplace 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 on 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 #newbies #wwbros #backontrack #nsv  
#wwmembersupport #wwofficial #recipes



### Connect

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



WW



@ww



@ww\_us



WW (formerly Weight Watchers)



## 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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**WW.com**  
**#myWW**



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**Wellness**  
**that Works.™**

