

# 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

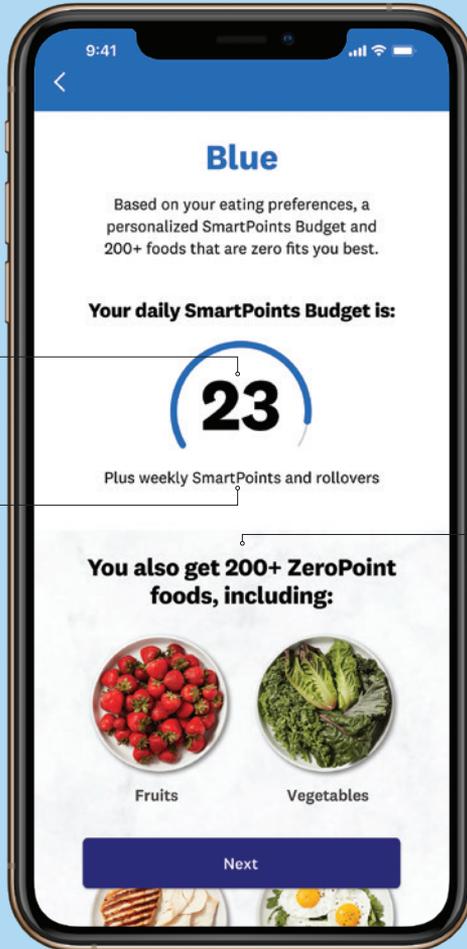
Spend these on any food you choose!

### 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 page 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 colors from heart-healthy antioxidants, so mix it up.



## Your ZeroPoint food categories



Fruits



Vegetables



Eggs



Chicken and turkey breast



Fish and shellfish



Nonfat yogurt and soy yogurt



Beans and legumes



Tofu and tempeh

Want some tips for making the most of your ZeroPoint foods? Turn to page 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 sandwich on whole wheat and 1 oz pretzels

6

### Snacks

Parmesan-herb popcorn

3

.....

Apple slices drizzled with ½ tsp 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 tsp ginger salad dressing.

6



## DAY 2

### Breakfast

Egg and bacon breakfast slider, plus fresh fruit

5



### Lunch

#### OUT FOR PIZZA

1 large slice of regular-crust cheese pizza (⅓ of a 16-inch pie) and a side salad with ¼ cup croutons and 1½ tsp 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

Plain nonfat 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 made with 1 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 cheese stick 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, and 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  
ZeroPoint™ foods

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  
ZeroPoint foods

0



+

Add some  
protein

3



+

Bump up  
the flavor

0



+

Include some  
fats

1



=

**Flank steak  
asado with  
pimenton**

4



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

## DID YOU KNOW?

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



## Zero Hero Eggs



### Whip 'em good

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



*Unpeeled boiled eggs will last up to a week in the fridge.*



### Put them on a pizza

Add flavor and a 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.

Brigid G.,  
member

