We’re so glad you’re here!
NEW myWW+
More tools to make losing weight easier

At WW, we know that real, lasting success goes beyond what you eat. It comes from unlocking the many elements that contribute to your weight loss, like nutrition, activity, how you think and feel, and your sleep.

That’s why the new myWW+ doesn’t just approach weight loss from one angle but considers them all in order to give you a personal and comprehensive formula for real progress.

We’ll start by identifying which factors will have the greatest impact on your personal weight loss. That way, you don’t need to focus on everything, only the elements that will matter most to you.

You’ll be matched with the food plan that’s right for you, where no food is off-limits. Each week, we’ll help you set goals to make changes and provide tailored guidance to help you succeed. You’ll see your progress through a personalized report that helps you gain insight into how the four pillars impacted your weight loss and celebrate victories on and off the scale.

So welcome! This is the start of something great.
One program—three ways to eat on it

The myWW+ program matches you with the food plan that’s right for you, where all foods are on the menu and you can eat what you love! Plus, you’ll get a list of 100+, 200+, or 300+ ZeroPoint™ foods that you don’t need to worry about weighing or counting.

Green

Blue

Purple
**SmartPoints make healthy eating simple**

**SmartPoints’ values** are numbers we assign to foods to help make deciding what to eat simpler.

**There are four components that make up a SmartPoints value**

- **Calories** give it the baseline; **saturated fat** and **sugar** drive the SmartPoints value up, while **protein** drives it down.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Saturated fat</th>
<th>Protein</th>
<th>Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>5 fl oz wine</td>
<td>1 fun-size candy bar</td>
<td>37 pistachios</td>
</tr>
</tbody>
</table>

**High SmartPoints doesn’t mean a food is “bad.”**

(Because no food is bad!)

It just means that we need to balance it with lower-SmartPoints foods.

---

You have a personalized **SmartPoints Budget**, and you get to decide how you want to spend it.

And **each week**, you have weeklies, extra SmartPoints you can spend if you want them. As long as you stay within your combined daily and weekly SmartPoints, you’ll be on the right track!

Find out more about the science of SmartPoints in the WW app.

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**ZeroPoint foods add flexibility**

Here’s what’s really exciting about **ZeroPoint™ foods**—you’ll never go hungry. If you run out of SmartPoints at the end of a day, you know that you can make something delicious out of the things on your ZeroPoint list.

**ZeroPoint foods aren’t zero calories...**

But they are foods that we want to guide you to eat more often. We feel comfortable putting that ZeroPoint label on them because they’re foods that form the foundation of healthy eating and they’re less likely to be overeaten. (This is why some healthy foods, like avocados and nuts, aren’t zero—it’s hard not to overeat them!)

**Rollovers help you plan**

For even more flexibility, we also have what are called rollovers. We know that no two days are the same, so on a day that you don’t use all your daily SmartPoints, up to four of those SmartPoints will roll over into your weeklies. You don’t have to do anything—the WW app will keep track of it for you!

You can find all these recipes in the app and on WW.com.
The way you think drives the things you do

Basically, your mindset is how you think. How you think impacts your choices, and those choices affect what you do. Our goal is to help you notice your thoughts, feelings, and actions, without getting judgey about them. Instead, we’ll help you think realistically so you can accept yourself as you are, even the parts you don’t necessarily like, and shift your focus to the big picture.

Components of a helpful mindset

- **How you think about the journey**
  - Thinking realistically and flexibly and seeing the big picture.

- **How you think about yourself**
  - Accepting yourself for how you are now.
  - Noticing your patterns of thoughts, feelings, and actions with curiosity.

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Are your thoughts helping you?

To change your thoughts, start by becoming aware of them. (Try the 5-Minute Coaching sessions and meditations in the WW app.) Once you’re aware, these two techniques can help you begin to shift them.

**Talk to yourself like a friend**

Science shows that self-compassion 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.

1. **STEP 1**
   - Imagine that a close friend feels bad about herself. What would you say to her?
2. **STEP 2**
   - Now think about a time when you’ve felt bad. What did you say to yourself?
3. **STEP 3**
   - Is there a difference? Why? What might change if you treated yourself like a friend?

**Practice Three Good Things**

This prospective-changing technique is deceptively simple, but Three Good Things has been proven to increase happiness.

1. **STEP 1**
   - Think about three good things that happened to you today. They can be small, like hearing a favorite song, or large, like going on vacation.
2. **STEP 2**
   - Write down each thing in as much detail as you can: where it happened, what time of day, what you were wearing, etc. This helps anchor it in your mind.
3. **STEP 3**
   - Note how you felt as you experienced this good thing and how you feel now as you remember it.
Get more active with FitPoints

Just like SmartPoints® help you be mindful of what you’re eating, FitPoints® help you become aware of how active you are.

FitPoints take into account your height, weight, age, and sex, as well as the type of exercise you’re doing and the duration, to calculate a personalized amount of FitPoints for all the activities you track. All activity counts—even gardening and carrying groceries! (Strength training and high-intensity activities earn extra FitPoints!)
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.

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

**Your ZeroPoint food categories**

- Fruits
- Vegetables (non-starchy)

**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.

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

For a burst of flavor, top it off with crushed red pepper or fresh herbs before serving.

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

You can buy premade zoodles to cut down prep time. Cook them uncovered so they don’t get soggy.

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**Wondering what to do with a veggie 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 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.

Day 1

Breakfast
Mini bagel with 1 tbsp whipped cream cheese and sliced tomato, plus ½ cup orange juice

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

Snacks
Medium latte (12 fl oz) made with low-fat milk
Basil-spinach dip and pita chips

Dinner
Roasted chicken with squash and peppers

Day 2

Breakfast
Smoked salmon and cream cheese on an English muffin

Lunch
OUT FOR MEXICAN
2 fast-food soft tacos with salsa and a side salad

Snacks
Hard-boiled egg with fresh veggies
2 glazed doughnut holes with a cup of milky coffee

Dinner
One-pot penne with broccoli rabe and sausage

Day 3

Breakfast
Buttermilk-oat pancakes with yogurt and pear

Lunch
Salt nicoise salad with lemon-caper dressing

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

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

Day 4

Breakfast
Egg and Canadian bacon sandwich with avocado and tomato

Lunch
Turkey burger with squash fries

Snacks
24 pistachios, 11 almonds, or 6 cashews, with an apple
1 oz pretzels

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

Day 5

Breakfast
1 cup plain low-fat Greek yogurt with chopped fresh fruit, 2 tbsp granola, and ½ tbsp chopped walnuts

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

Snacks
Fresh fruit salad
Blue corn nachos

Dinner
Classic lasagna with roasted broccoli

Went over your Budget? Tap into your weekly SmartPoints.
**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 and potato mash with Gorgonzola

**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?**

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

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**Build a meal**

Start with ZeroPoint™ foods

Add something hearty and delicious

Top it with more veggies

Give it a flavor boost

1. **Bucatini all’Amatriciana**

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

2. **Chipotle-lime shrimp with corn and poblanos**

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


FRUITS
Apples  Applesauce, unsweetened  Apricots, fresh  Bananas  Blackberries  Blueberries  Cantaloupe  Cherries  Clementines  Cranberries, fresh  Dragon fruit  Figs, fresh  Frozen mixed berries, unsweetened  Fruit cocktail, unsweetened  Fruit salad, unsweetened  Grapes  Grapefruit  Guava  Honeydew  Kiwi  Kumquats  Lemons  Limes  Mangoes  Meyer lemons  Nectarines  Oranges  Papayas  Peaches  Pears  Persimmons  Plums  Pomegranates  Pomelo  Raspberries  Star fruit  Strawberries  Tangerines  Watermelon  Basil

VEGETABLES (NON-STARCHY)
Acorn squash  Artichoke hearts, no oil  Broccoli  Broccoli raabe  Broccoli slaw  Brussels sprouts  Butter/Bibb lettuce  Butternut squash  Cabbage  Beets  Beet greens  Bok choy  Brussels sprouts  Bok choy  Cabbage  Beets  Beet greens  Bok choy  Broccoli  Broccoli raabe  Broccoli slaw  Brussels sprouts  Butter/Bibb lettuce  Butternut squash
Bake them
Give classic banana bread a savory twist by adding zucchini and sour cream. Bananas are available year-round; unlike other fruits, bananas continue to ripen at the same pace after they are picked.

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

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

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

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*

Make sure to buy canned pumpkin purée, 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*

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

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!

Kathrin R., member
Blue 101

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

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.

Your ZeroPoint food categories

Spicy chicken tacos
Simmering chicken in tomato sauce gives it great flavor and tenderness for 0 SmartPoints.

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

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

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

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.

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

**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, plus fresh fruit
6

**Lunch**
OUT FOR PIZZA
1 large slice of regular-crust cheese pizza (¾ of a 16-inch pie) and a side salad with ¼ cup croutons and ½ tbsp Italian dressing
6

**Snacks**
14 pistachios or 7 almonds
1

**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
6

**Lunch**
Greek-inspired veggie burger
8

**Snacks**
1 cup chocolate-almond “nice cream”
7

**Dinner**
DATE NIGHT
Roasted salmon with zucchini, chickpeas, and peppers
6

Went over your Budget? Tap into your weekly SmartPoints.

DAY 4

**Breakfast**
Waffles with lemony ricotta and blueberries
6

**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.
10

**Snacks**
9 tortilla chips with fat-free salsa
3

**Dinner**
BIRTHDAY CELEBRATION
1 mini frosted cupcake and a cup of tea
5

**Snacks**
1 light mozzarella cheese stick and some grapes
1

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 ½ cups miso soup
10

**Snacks**
Banana (or other fresh fruit)
0

**Dinner**
FAMILY MEAL
Stuffed pasta shells and roasted veggies
9

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

Go beyond beefsteak
Tomatoes come in many shapes and colors. Scout out heirloom varieties at your local farmers’ market.

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

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.

Crispy salmon with French lentils

Flank steak asado with pimenton oil

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

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.
**VEGETABLES (STARCHY)**
- Canned corn
- Corn
- Green peas
- Parsnips
- Peas
- Split peas
- Sutocash

**VEGETABLES (NON-STARCHY)**
- Acorn squash
- Artichoke hearts, no oil
- Artichokes
- Arugula
- Asparagus
- Baby corn
- Bamboo shoots
- Basil
- Beet greens
- Bok choy
- Broccoli
- Broccoli rabe
- Broccoli slaw
- Brussels sprouts
- Butter/Bibb lettuce
- Butternut squash
- Cabbage
- Canned pimientos
- Carrots
- Cauliflower
- Cauliflower rice
- Celery
- Chives
- Collard greens
- 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
- Mint
- 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 purée
- Radishes
- Red leaf lettuce
- Romaine lettuce
- Rosemary
- Rutabaga
- Salsa, fat-free
- Sauerkrat
- Scallions
- Shallots
- Spinach
- String beans
- Summer squash
- Swiss chard
- Tarragon
- Thyme
- Tomatillos
- Tomato purée, canned
- Tomato sauce, canned
- Tomatoes
- Turnips
- Water chestnuts
- Wax beans
- Zucchini

**BEANS & LEGUMES**
- Adzuki beans
- Alfalfa sprouts
- Bean sprouts
- Black beans
- Black-eyed peas
- Cannellini beans
- Chickpeas
- Edamame
- Fava beans
- Great Northern beans
- 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

**EGGS**
- Egg substitute
- Egg whites
- Eggs
- Egg yolks

**FRUITS**
- Apples
- Applesauce, unsweetened
- Apricots, fresh
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Cranberries, fresh
- Dragon fruit
- Figs, fresh
- Frozen mixed berries, unsweetened
- Fruit cocktail, unsweetened
- Fruit salad, unsweetened
- Fresh ginger
- Grapes
- Guava
- Honeydew
- Kiwi
- Kumquats
- Lemons
- Limes
- Mangoes
- Meyer lemons
- Nectarines
- Oranges
- Papayas
- Pears
- Persimmons
- Plums
- Pomegranates
- Pomelo
- Raspberries
- Strawberries
- Watermelon

**BEANS & LEGUMES**
- Adzuki beans
- Alfalfa sprouts
- Bean sprouts
- Black beans
- Black-eyed peas
- Cannellini beans
- Chickpeas
- Edamame
- Fava beans
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- Soy beans

**CHICKEN & TURKEY BREAST**
- Ground chicken breast
- Ground turkey, 98% fat-free
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- Skinless chicken breast
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**EGGS**
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- Egg whites
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- Egg yolks

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- Apples
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- Cranberries, fresh
- Dragon fruit
- Figs, fresh
- Frozen mixed berries, unsweetened
- Fruit cocktail, unsweetened
- Fruit salad, unsweetened
- Fresh ginger
- Grapes
- Guava
- Honeydew
- Kiwi
- Kumquats
- Lemons
- Limes

**Eggs**
- Unpeeled boiled
- Eggs
- are a delicious, low-calorie addition to entrées.
- Add them to entrées.
- Whip em Good
- Eggs are a delicious, low-calorie addition to entrées.
- Add them to entrées.
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.
You get a personalized amount of SmartPoints® to spend on any food you choose and 300+ foods that are zero.

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

1
Look for dark sesame oil at your supermarket. It’s so flavorful that you need just a tiny bit.

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

Your ZeroPoint food categories

Fruits
Vegetables
Eggs
Chicken and turkey breast
Fish and shellfish
Dairy and dairy alternatives
Beans and legumes
Tofu and tempeh
Whole-wheat pasta and grains
Potatoes

Check out some of your Zero Heroes starting on page 37.
### 5-Day Menu

#### Day 1
**Breakfast**
BLT breakfast cheese toast with an orange

**Lunch**
Pulled-chicken ancho chili and black bean soup with 7 tortilla chips and 3 tbsp homemade guacamole

**Snacks**
Sliced pear or apple with 1 tbsp almond butter

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

#### Day 2
**Breakfast**
Toast 1 frozen whole-grain waffle, spread it with 1 tbsp peanut butter, and top with banana slices and a dash of cinnamon.

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

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

**Dinner**
Chickpea and spinach stew served over whole-wheat couscous

#### Day 3
**Breakfast**
Cranberry-almond morning barley

**Lunch**
Pesto chicken salad sandwich with Italian arugula salad

**Snacks**
Grapes, 2 oz low-fat cheddar, and 7 almonds

**Dinner**
Chickpea and spinach stew served over whole-wheat couscous

#### Day 4
**Breakfast**
Western omelet

**Lunch**
Ranch barbecue chicken salad

**Snacks**
BOOK CLUB NIGHT 2 medium chocolate-covered strawberries

**Dinner**
Italian turkey sausage and pepper pasta

#### Day 5
**Breakfast**
Poblano and egg breakfast sandwich with fresh fruit

**Lunch**
Ranch barbecue chicken salad

**Snacks**
BOOK CLUB NIGHT Fresh veggies with 3 tbsp homemade guacamole

**Dinner**
Swordfish and veggie skewers with creamy avocado sauce, served with brown rice or quinoa

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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.

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

Track your meals and earn WellnessWins. Redeem them for real rewards!
Zero Point® 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.) Plus, it adds extra protein.

**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**

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

**Totally delicioso**
Quinoa makes a great stand-in for rice in paella.

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

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.
Replace the fat
Stir mashed cooked 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.

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.

Add creaminess
Sweet potato purée makes soups thick and rich with almost no dairy.

Spanish-spiced roasted pepper bisque

Tear here
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*

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.

A new twist on muffins
Warm up with a warm oat-and-cinnamon mug muffin.
*90-second mug muffin*
**Chickpeas**

**Zero Hero**

**Replace eggs in sweet treats**

Puréed chickpeas add fiber and protein to no-bake cookie bites. *No-cook peanut buttery cookie dough bites*

**DID YOU KNOW?**

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

**Boost your burger**

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

**Power up pasta**

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

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**myWW+ PROGRAM GUIDE**

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**Build a meal**

**Start with a ZeroPoint™ food** + **Add some veggies** + **Bump up the flavor** + **Include some fats**

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**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.

**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.

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**Find all the recipes in this book at WW.com/my-ww-recipes.**

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**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.
Looking ahead to your next four weeks

We’re really committed to your success, so over the next four weeks, you’re going to hear from us a lot, especially by email and in the app. Here’s a road map of what’s ahead.

Week 1
Food

If you do only one thing this week... Aim to track at least one meal each day.

Why?
Tracking what you eat is about more than tallying up SmartPoints®. It also helps you build awareness of your patterns. And research shows that tracking food is one of the best predictors of weight loss!

insider tip
Included in your Workshop membership is a free mini coaching session! At the end of each week, you can ask your Coach for that week’s mini session and get some extra one-on-one guidance.

Week 2
Food & mindset

If you do only one thing this week... Listen to a 5-Minute Coaching session in the WW app.

Why?
Humans have a tendency to think more about what’s not going well than what is. But research tells us that paying attention to what is working helps us build momentum.

Week 3
Food & activity

If you do only one thing this week...
Set up your environment to help you be more active. Try putting your alarm clock across the room (next to your sneakers) to help you get up—and moving.

Why?
Want to manage stress and sleep better? Regular activity (any kind!) definitely helps. It’s also the single best predictor of who keeps weight off and who doesn’t.

Week 4
Food & sleep

If you do only one thing this week...
Check out the sleep tracker in the app. It’ll help you find solutions to whatever is getting in the way of a good night’s rest.

Why?
How well you sleep directly impacts your choices—including what you eat.
Get a weekly action plan

We’ll help you build a plan for the week ahead with updated app features to make your journey more personalized than ever before!

Step 1  
**Personal assessment**
We’ll start by understanding a little bit more about how you think and feel, what you eat, your activity level, and your sleep.

Step 2  
**Weekly check-in**
Measuring your progress on the scale doesn’t always tell the whole story of your week. We’ll also check in on how you felt and what worked and help you focus on the week ahead.

Step 3  
**Progress report**
We’ll analyze each component of your wellness and give you a comprehensive readout of your progress each week!

Step 4  
**Action plan**
If you want, we’ll help you choose a goal for the upcoming week so you can stay on track.
Flavor boosters

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

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

**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
- Reduced-fat cream cheese
- Nonfat cottage cheese
- Part-skim ricotta

**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

**FROZEN**
- Edamame
- Vegetables (without added sauce and salt)
- Unsweetened fruit
- Veggie burgers (with 2 grams of fat or less)
- Vegetarian ground “meat”
- Whole-grain waffles
- Sorbet

**SALT-FREE 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

**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

**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

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

**Stock your pantry**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried cranberries</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Maple syrup</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Shredded Parmesan</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Blue cheese</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Olives</td>
<td>8 large</td>
</tr>
<tr>
<td>Pistachios</td>
<td>14 nuts</td>
</tr>
<tr>
<td>Powdered sugar</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Almonds</td>
<td>7 nuts</td>
</tr>
<tr>
<td>Candied ginger</td>
<td>2 tbsp</td>
</tr>
</tbody>
</table>

**You don’t need much. A little powdered sugar goes a long way.**
Pick right-for-you portion sizes

Portions are personal. The portion size that’s right for you depends on what you’re eating, how much you want to eat, and what fits into your SmartPoints® Budget.

1 cup Fist
1 tsp Fingertip
3 oz meat Palm
1 tbsp Poker-chip-size circle in palm of hand
1 to 2 oz meat Cupped hand
1 oz meat or cheese Thumb

The best way to learn is to do some measuring with measuring cups and spoons. Over time, you’ll train your brain to serve up the right amount automatically. But when you’re out and about, this guide can make it easier to guesstimate.

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 two 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 two 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 the app 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 do members want to know most? Glad you asked.

insider tip The best way to learn is to do some measuring with measuring cups and spoons. Over time, you’ll train your brain to serve up the right amount automatically. But when you’re out and about, this guide can make it easier to guesstimate.
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.

Disclaimer and citations

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