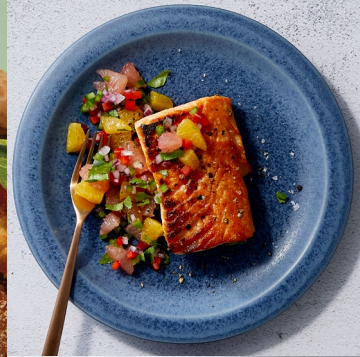
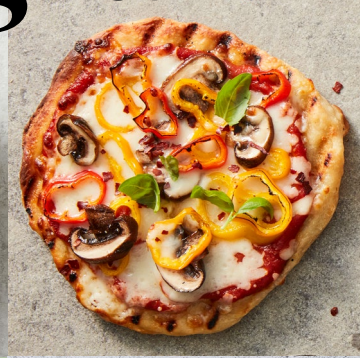
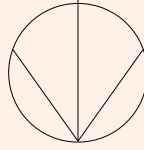


program



guide

Lose weight—not your favorite foods.



your journey
starts now

You took the first step. Now let us support you the rest of the way. We take a science-backed approach to help you lose weight and gain healthy habits for life.

Here's what to expect.



A simplified program

Science says when something is easier to do, we're more likely to do it. We make behaviors that lead to weight loss (like choosing healthier foods) easier so you can be more successful.



Your favorite foods

Yes, you really can eat what you love and still lose weight. Deprivation doesn't work! Instead, you'll learn to fit in old favorites and discover new flavors to help you achieve your goals.



Tools to support you

Think proven behavior change techniques to troubleshoot challenges; physical activity that feels good to you; thousands of delicious recipes; expert coaches; and more.

► meet your experts

Scientists, nutritionists, trained coaches—you're in the best hands.



Laura Smith, MS

WeightWatchers®
director of program
innovation and
certified nutritionist



Allison Grupski, PhD

WeightWatchers
vice president
of behavior change
strategies and
coaching and clinical
health psychologist



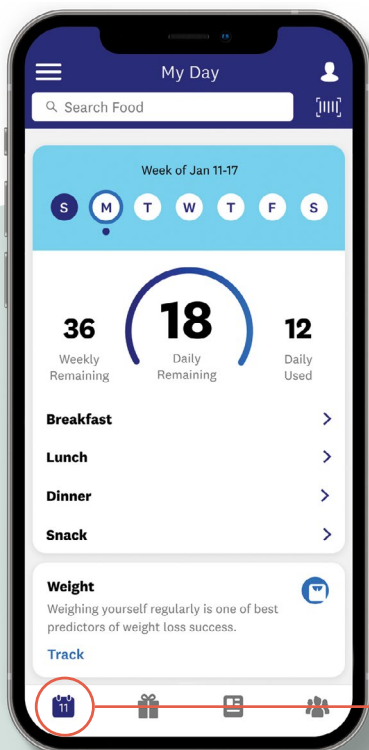
Jocelyn Shaw

WeightWatchers
coach and
onboarding guide



Sherry Rujikarn

WeightWatchers
food director,
recipe developer,
and French Culinary
Institute grad



download the WeightWatchers app today!

Loaded with features that make losing weight easier, our app lets you (literally) tap into every benefit of our program wherever you go.



Start at the home screen
to track and get tips for
what to focus on each day.

how we approach **food**

**Rooted in nutritional science and
revolving around you, our program is designed
to be flexible because...life!**

► **healthy eating made simple**

A food plan tailored just for you. Tell us a little about yourself and we'll create a plan that's customized to your metabolic rate and still leaves room for you to enjoy your favorite foods.

A Points® formula that does the work. Every food has a Points value based on complex food-label data. This one number makes it easy to assess a food and guides you to healthier options.


Foods you never have to track. We hate that hangry feeling too. You'll avoid it with 200-plus ZeroPoint® foods—nutritious and filling go-tos that you can always reach for.

living with diabetes?

You're in the right place. Science shows that losing even a modest amount of weight (5% of your body weight) can help ease insulin resistance. Whether you have type 1 or type 2 diabetes, our Diabetes-Tailored Plan can help you reach your goals.*

Here's how we help make your life a little less complicated.

1. ZeroPoint foods that are less likely to impact blood sugar
2. Information and recipes for those living with diabetes
3. Access to a blood sugar tracker in the WeightWatchers® app



WW MEMBER
AND COACH
MONIKA P.
-86 lb [^]

what goes into our Points formula

Calories are part of the equation, of course.
Saturated fats and added sugars drive up a Points® value;
fiber, protein, and unsaturated fats drive it down.

► how to use our program

Track what you eat.

It's easy! Input your food into the WW app to see its Points value. The exception: ZeroPoint® foods—they don't need to be tracked.

Try to stay within your Points Budget.

We give you a custom Budget based on your age, height, weight, and sex assigned at birth—i.e., your individual metabolic rate.

Use Points to guide food choices.

Your Budget is designed to nudge you toward healthier foods and right-for-you portions that help you lose weight—but nothing is off-limits.

which is the better-for-you choice?

1 cup white penne

Calories _____
Protein _____
Fiber _____
Saturated fat _____
Unsaturated fat _____
Added sugar _____

4



1 cup whole-wheat penne

Calories _____
Protein _____
Fiber _____
Saturated fat _____
Unsaturated fat _____
Added sugar _____

3

► all about your Points Budget

It's calculated to help you lose weight at a healthy rate and includes...

Daily Points that ensure you have enough to eat. They reset every day. If you go a little over or under, that's OK!

Weekly Points, which give you a cushion. They refill each week. Use them throughout the week (or don't), or save 'em up.

Rollover Points that are saved for later. Up to 4 unused dailies will automatically roll into your weekly bank.



6

**Cheeseburger
bowl**

get to know the **ZeroPoint** foods

Rich in protein and fiber, the zero heroes in these nine categories* give you lots of flexibility. Eat as much as you like—you never have to track them!



**Non-starchy veggies / Fruit / Nonfat yogurt & cottage cheese
Eggs / Fish & shellfish / Chicken & turkey breast / Tofu & tempeh
Corn & popcorn / Beans, peas & lentils**

► **how to use ZeroPoint® foods**

Create a base

Start with a ZeroPoint food (like eggs or lentils), then add ingredients with Points® to build out a meal.

Pump up a dish

Toss ZeroPoint foods (veggies, beans, shrimp...) into recipes to make meals more filling.

Tame hunger

No matter how many Points you have to spend (or don't), there's always something to eat.

*Members on the Diabetes-Tailored Plan have customized ZeroPoint foods that are less likely to impact blood sugar levels. Find the list in the WW app's main menu, or learn more at [weightwatchers.com/us/diabetes-guide](https://www.weightwatchers.com/us/diabetes-guide).

eggs

Incredible indeed! Eggs are packed with nutrients, help keep you full, and can double as a quick snack or a full-on meal.



2 Open-faced egg salad sandwiches

“You can start with an amount you’ve typically eaten in the past—two eggs, a cup of nonfat yogurt, a bowl of berries. If you’re still hungry after, have extra.”

—LAURA SMITH, M.S.

WeightWatchers® director of program innovation and nutritionist

/ ZeroPoint® foods in action /

beans

Nutrient-dense beans win the pantry MVP award. Whether canned or dried, they add hearty fiber to soups, salads, and more.



1

Instant Pot®
Moroccan-spiced
lentil stew

One-pot
Greek chicken
freekeh skillet

8



/ ZeroPoint foods in action /

chicken

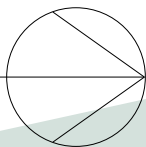
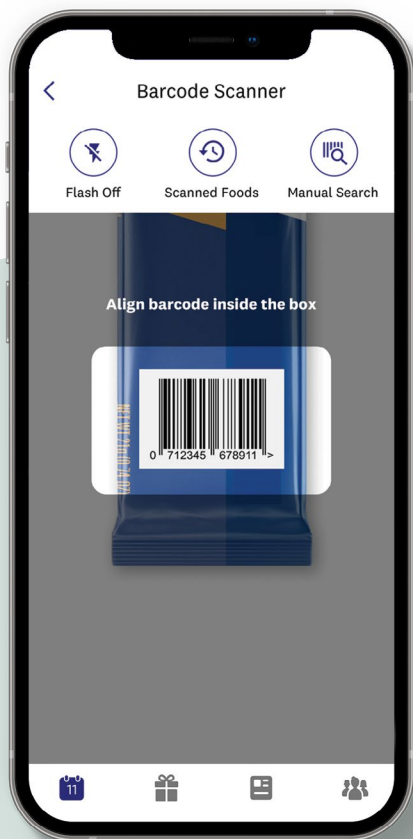
Grill it, roast it, braise it, toss it in just about anything—chicken is as versatile as it is easy to cook. Plus, it's loaded with filling protein.

Get the complete recipes in the WeightWatchers® app!

the key to success:

tracking

Study after study shows that people who track more tend to lose more weight. You won't have to track forever, but it's an incredibly powerful way to start.



our No. 1 tracking tool: the barcode scanner

Get a tour of *all* the tools you have at your fingertips at WW.com/app.

Download the WeightWatchers® app to get started.

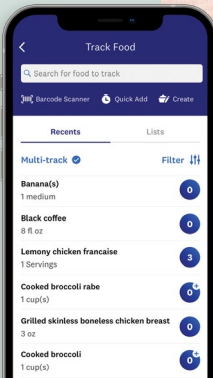
how to track

Tracking works because it helps you stay aware of your choices. Here are three simple ways to do it.

Snap and track. When you're pressed for time, take a picture of your meal and track it later.

Take a guess. Don't know every ingredient in a dish? Find something similar and track that. Or tap the search bar, then Quick Add, and guesstimate Points®. Consistency is what matters.

Save a fave. If you do know what's in a go-to recipe or meal, tap the search bar, then Create. Next time, you won't have to track each ingredient.



WW MEMBER
DERLY O.

-46 lb[^]

“Tracking helps us notice the patterns that work and the ones that get in our way. We can use this knowledge to begin making truly impactful changes to what we do.”

—ALLISON GRUPSKI, PH.D.

WeightWatchers vice president of behavior change strategies and coaching and clinical health psychologist

what about **activity?**

Our plan is designed to help you lose weight without it, but (and it's a biggie) regular physical activity can do amazing things for you.



1 /

It leads to more weight loss than changing your diet alone.¹

2 /

It's the top predictor of who keeps weight off and who doesn't.²

3 /

It helps manage stress and improve mood and sleep.³

4 /

It reduces your risk of a laundry list of chronic diseases.⁴

more questions? we have answers

What do you mean by physical activity?

Not necessarily you dripping in sweat (unless you're into that). Try a short walk. Or weed your garden. If you're moving, it counts! We'll help you find an activity you enjoy and get into a groove. (Maybe literally—dancing counts too.)

What if I get hungrier?

As you track activity, Points[®] are added to your Budget as weeklies. (Remember, your Budget doesn't initially account for activity.) Use them (or don't) however you see fit. To track, either sync a fitness wearable with the WW app or manually track by tapping the blue plus sign on the home screen.

Could I gain weight if I spend those Points?

Nope. Our algorithm gives you back in Points only a little less than half of what you burn. The math means you lose, er, win... You'll still be on track to your goals.

WW MEMBER
STEPHEN A.

-16 lb[^]



¹ Johns DJ, Hartmann-Boyce J, Jebb SA, Aveyard P; Behavioural Weight Management Review Group. Diet or exercise interventions vs combined behavioral weight management programs: a systematic review and meta-analysis of direct comparisons. *J Acad Nutr Diet.* 2014;114(10):1557–1568. doi:10.1016/j.jand.2014.07.005

² Pronk NP, Wing RR. (1994). Physical activity and long-term maintenance of weight loss. *Obes Res.* 2(6): 587–599

³ Penedo FJ, Dahn JR. Exercise and well-being: a review of mental and physical health benefits associated with physical activity. *Curr Opin Psychiatry.* 2005 Mar 1;18(2):189–93

⁴ U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. Washington, DC: U.S. Department of Health and Human Services, 2008.

your day one checklist

How many can you mark off already?

▼
Download
the
WeightWatchers®
app.

▼
Answer a few
questions to set up
your program and
Points® Budget.

▼
Get to know the
ZeroPoint® foods
and check out recipes
in the app.

▼
Track your
first meal. And
that's it. Welcome to
WeightWatchers!

“Take a moment to recognize this milestone. Simply by being here today, you’re committing to your wellness. That’s real, that’s important, and it’s worth celebrating.”

—JOCELYN SHAW

WeightWatchers coach and onboarding guide

A woman with a braid and a man are sitting together, looking at a smartphone. The woman is wearing a white t-shirt and light purple pants. The man is wearing a light blue hoodie. They are both smiling.

WW MEMBER
NIKKI M.
-72 lb[^]

WW MEMBER
ADAM Y.
-70 lb[^]

[^]People following the WeightWatchers program can expect to lose 1 to 2 lb./wk.

/ a sample week with WeightWatchers /

it's time to eat!

/ day 1 /



breakfast

Italian Pepper & Egg
Breakfast Wrap

lunch

Quinoa bowl with
roisserie chicken,
cucumbers, tomatoes,
and balsamic dressing

snacks

Raw veggie sticks
with hummus; mixed
fruit salad



dinner

Cajun Beef Chili



/ day 2 /

breakfast

Cinnamon oats with
apples and almonds

lunch

Rainbow Noodle
Salad with Lime Dressing



snacks

Smoked Turkey
Egg Bite; orange
(or other fresh fruit)



dinner

Sheet-Pan Pork Chops
with Beans & Carrots



**find more
in the
WW app!**

Search over
12,000
recipes by
ingredient, dish,
or cuisine.

Plan meals,
explore new
foods, and get
inspired.

“Whether you like to eat the same meal every day or switch things up, you can make all foods work on WeightWatchers.”

—SHERRY RUJIKARN

*WeightWatchers® food director, recipe developer,
and French Culinary Institute grad*

/ day 3 /



breakfast

3-Ingredient Banana Pancakes with Fresh Berries

lunch

Turkey & Swiss bagel-thin sandwich; side of celery sticks with ranch dressing

snacks

Parmesan air-popped popcorn; a slice of Glazed Cranberry-Orange Cake



dinner

From a Chinese restaurant: 1 cup wonton soup; 1 cup chicken and broccoli; ½ cup brown rice

/ day 4 /

breakfast

Avocado whole-grain toast with a fried egg; a side of fresh pineapple

lunch

Hearty Lentil & Tomato Soup

snacks

Air-Fried Crispy Five-Spice Chickpeas; Frozen Chocolate-Dipped Banana Bites



dinner

Whole-Wheat Spaghetti with Butternut Squash & Walnuts



/ day 5 /

breakfast

Plain nonfat Greek yogurt with mango, kiwi, and shredded coconut

lunch

From a pizza place: 1 slice of cheese pizza; side salad with red wine vinaigrette

snacks

Hard-boiled egg; Banana Mango “Nice” Cream



dinner

Spice-Rubbed Flank Steak with Roasted Veggies



/ same delicious flavor, fewer Points /

simple swaps

/ **burgers** /

Swap out buns for shiitake mushrooms.



Shiitake cheeseburger sliders

13



4

/ **pasta** /

Swap out noodles for eggplant slices.



No-noodle vegetable lasagna

7



5

/ **lunch** /

Swap out bread for tomatoes.



Roasted red pepper tuna salad

3



1

/ **desserts** /

Swap out heavy cream for tofu.



Dark chocolate tart with berries

10



6



/ **baked goods** /

Swap out sugar for plain applesauce.



No-added-sugar blueberry muffins

5



3

For members on the Diabetes-Tailored Plan, Points for these muffins go from 6 to 4.

a handy guide to

portion sizes

When you're out and about, guesstimating portions is A-OK. Use your hands to help.



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

Of course, not all hands are the same size. If you want to get specific, compare yours against some measuring spoons or cups.

With more than 200 options, we couldn't even fit them all in this guide.

**Non-starchy
veggies**

Acorn squash
Artichoke hearts, canned, in water
Artichokes
Arugula
Asparagus
Baby corn
Bamboo shoots
Beet greens
Beets
Bok choy
Broccoli
Broccoli rabe
Brussels sprouts
Butter or Bibb lettuce
Butternut squash
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Cucumber
Eggplant
Endive
Escarole
Fennel
Garlic
Ginger
Green beans
Green leaf lettuce
Hearts of palm
Herbs
Iceberg lettuce
Jicama
Kale
Kohlrabi
Leeks
Mixed greens
Mushrooms
Mustard greens
Napa cabbage
Nori (seaweed)
Oak leaf lettuce

Okra
Onions, all types
Oregano
Parsley
Pea shoots
Peppers
Pickles, unsweetened
Pumpkin
Radishes
Red leaf lettuce
Romaine lettuce
Rutabaga
Sauerkraut
Spaghetti squash
Spinach
Summer squash
Swiss chard
Tarragon
Tomatillos
Tomatoes
Tomato purée and sauce
Turnips
Water chestnuts
Wax beans
Zucchini

Fruit

Apples and applesauce, unsweetened
Apricots, fresh
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementines
Cranberries, fresh
Dragon fruit
Figs, fresh
Grapefruit
Grapes
Guava
Honeydew

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

Eggs

Whole eggs, egg whites and yolks, and egg substitutes

Nonfat yogurt + cottage cheese

Greek and soy yogurt
Quark cheese

Fish + shellfish

Abalone
Alaskan king crab
Anchovies, in water
Arctic char
Bluefish
Branzino
Butterfish
Carp
Catfish
Caviar
Clams

Cod
Crabmeat, lump
Crayfish
Cuttletfish
Eel
Fish roe
Flounder
Grouper
Haddock
Halibut
Herring
Lobster
Mahi-mahi
Monkfish
Mussels
Octopus
Orange roughy
Oysters
Perch
Pike
Pollock
Pompano
Salmon
Sardines, fresh or canned
Scallops
Sea bass
Sea cucumber
Sea urchin
Shrimp
Smelt
Snails
Snapper
Sole
Squid
Steelhead trout
Striped bass
Sturgeon
Swordfish
Tilapia
Trout
Tuna, fresh or canned in water
Turbot
Wahoo
Whitefish

Chicken + turkey breast

Chicken and turkey breast, skinless
Ground chicken, 98% fat-free
Ground turkey, 98% fat-free
Turkey and chicken deli slices

Tofu + tempeh

All types

Corn + popcorn

Fresh, canned, or frozen corn
Hominy
Plain, air-popped popcorn

Beans, peas + lentils

Adzuki beans
Alfalfa sprouts
Bean sprouts
Black beans
Black-eyed peas
Cannellini beans
Chickpeas
Edamame
Fava beans
Great Northern beans
Green peas
Kidney beans
Lentils
Lima beans
Lupini beans
Navy beans
Parsnips
Peas
Pinto beans
Refried beans, canned, fat-free
Soy beans
Split peas
Succotash



The WeightWatchers® program and these materials are proprietary to WW International, Inc., and are licensed to WW members solely for their personal use in their wellness journey. The WW app and digital tools are for WW members only. Any other use is strictly prohibited. NOT FOR RESALE. U.S. patent pending.

WW logo, Points, and ZeroPoint are the trademarks of WW International, Inc. The Points system and formula are proprietary to WW International, Inc.

© 2022 WW International, Inc. All rights reserved.

Printed in U.S.A. 2022000

cover recipes

Top row: Slow-cooker Bolognese sauce with spaghetti, Greek chicken bowl, Grilled mushroom & pepper pizzas

Middle row: Strawberry & blackberry icebox cake, Crispy chicken sandwich with BBQ mayo, Broiled salmon with citrus salsa

Bottom row: Chicken scarpariello, Classic huevos rancheros, Spice-rubbed flank steak with roasted veggies