

QUICK AND EASY GUIDE TO HIGHER CARB EATING

Develop the pattern of the Higher Carb eating style from the **POINTSpie™** Action Sheet by following this menu model:

- The Guide provides a **POINTS** value of 20 for the day and will maximize your weight loss without sacrificing nutrition. If you're not satisfied with the amount of food it provides or are losing weight too rapidly, adjust it by:
 - Adding foods to meet your **POINTS** Target†
 - Using your 35 FlexPoints‡
- As you add foods to the model, focus on carb-rich foods like whole grains, fruits, milk, and vegetables.
- Don't forget to follow the eight "Good Health Habits" to optimize your health and weight loss†.

If eating frequently keeps you more satisfied, simply "save" some of your foods from the meals and eat them as snacks.

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FlexPoints
1-800-651-6000
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BREAKFAST

Choose 3

(total **POINTS** value of 6)

A cup of oatmeal, fruit salad, whole-grain cereal, light yogurt,* or fat-free milk*

2/3 cup of grits

A large banana, apple, or grapefruit

2 cups of blueberries or mixed berries

1/2 large cantaloupe or 1/4 honeydew melon

A whole-grain English muffin or reduced-calorie granola bar

2 slices of 100% whole-wheat bread

2 shredded wheat biscuits

A grande cappuccino made with fat-free milk*

Any whole grain, fruit, or milk product with a **POINTS** value of 2

LUNCH

Choose 1

A 1 1/2-cup serving of fruit salad, light yogurt,* or fat-free milk*

3 slices of 100% whole-wheat bread

An ounce of whole-grain crackers

A cup of couscous

12 tortilla chips

A granola bar

3 pears, peaches, or oranges

1 1/2 cups of green peas or corn

Any whole grain, fruit, or milk product with a **POINTS** value of 3

Choose 1

At least a serving of any vegetable with a **POINTS** value of 0 such as:

Cucumber slices

Yellow squash

Mushrooms

Lettuce

Spinach

Broccoli

Cauliflower

Green beans

Celery sticks

Bell pepper sticks

Baby carrots

Sliced tomato

Asparagus spears

Salsa

Salad greens (with 2 Tbsp of fat-free Italian dressing)

Choose 1

1/2 cup of black, pinto or canned refried beans

2 slices of lean luncheon meat

4 pieces of sushi

A slice of lean ham or turkey breast

1/4 cup of part-skim ricotta cheese*

1/2 cup of reduced-fat cottage cheese*

1/3 cup of firm tofu or 1/4 cup of tempeh

A fat-free breaded chicken breast patty

A 1" cube (1 oz) of low-fat cheese* or soy cheese

Any protein-rich food with a **POINTS** value of 2

DINNER

Choose 2

(total **POINTS** value of 4)

A 1-cup serving of fruit salad, light yogurt,* or fat-free milk*

2/3 cup of whole-wheat pasta

1/2 cup of brown rice

2 slices of 100% whole-wheat bread or a whole-grain roll

2 (6") corn or whole-wheat flour tortillas

A large corn-on-the-cob or a cup of kernels

2 cups of blueberries or mixed berries

1/2 large baked sweet potato or 2 small white potatoes

Any whole grain, fruit, or milk product with a **POINTS** value of 2

Choose 1

At least a serving of any vegetable with a **POINTS** value of 0 such as:

Cucumber slices

Yellow squash

Mushrooms

Lettuce

Spinach

Broccoli

Cauliflower

Green beans

Celery sticks

Bell pepper sticks

Baby carrots

Sliced tomato

Asparagus spears

Salsa

Salad greens (with 2 Tbsp of fat-free Italian dressing)

Choose 1

2 Tbsp of reduced-calorie or 1 Tbsp of regular creamy salad dressing

2 tsp of oil, butter, margarine, or mayonnaise

12 large olives

A can or bottle of light beer

A small glass of wine

A scoop of fat-free ice cream or sorbet

A fat-free brownie

4 graham cracker squares or gingersnaps

Any oil, sugary food, or alcoholic beverage with a **POINTS** value of 2

Choose 1

A small (2 oz) lean beef or turkey patty

1 1/2 cups of steamed crab, lobster, scallops, or shrimp

4 pieces of California roll sushi

A lean pork or lamb chop

A slice of ham, lean roast beef, or dark turkey with skin

1 1/2 slices of turkey breast

A chicken breast or thigh without skin

1/4 cup of feta cheese*

A 1" cube (1 oz) of cheese*

Any protein-rich food with a **POINTS** value of 3

† Refer to your *Getting Started* booklet for more information.

*Counts toward milk servings

QUICK AND EASY GUIDE TO HIGHER PROTEIN EATING

Develop the pattern of the Higher Protein eating style from the **POINTSpie™** Action Sheet by following this menu model:

- The Guide provides a **POINTS** value of 20 for the day and will maximize your weight loss without sacrificing nutrition. If you're not satisfied with the amount of food it provides or are losing weight too rapidly, adjust it by:
 - Adding foods to meet your **POINTS** Target†
 - Using your 35 FlexPoints†
- As you add foods to the model, focus on protein-rich foods like lean meats, fish, and poultry as well as eggs and low-fat cheese. Also add foods with unsaturated fat like canola or olive oil, nuts, and seeds.
- Don't forget to follow the eight "Good Health Habits" to optimize your health and weight loss†.

If carbs are "red light" foods for you, use the model on the reverse side. It's especially designed to help you steer clear of temptation by limiting the number of times you eat these foods each day.

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BREAKFAST

Choose 1

Choose 1

- | | |
|---|--|
| An egg or 6 egg whites | A 1½-cup serving of oatmeal, fruit salad, whole-grain cereal, light yogurt,* or fat-free milk* |
| A 1" cube (1 oz) of low-fat cheese* or soy cheese | A cup of grits |
| A slice of cheese* | 3 cups of melon, blueberries, mixed berries, or pineapple |
| ¼ cup of part-skim ricotta cheese* | A medium cantaloupe |
| A chicken drumstick with skin or 2 without skin | A granola bar |
| A slice of lean ham | An ounce of whole-grain crackers |
| 2 slices of Canadian-style bacon | 3 slices of 100% whole-wheat bread |
| A Tbsp of peanut butter | A grande latte made with fat-free milk* |
| Any protein-rich food with a POINTS value of 2 | Any whole grain, fruit, or milk product with a POINTS value of 3 |

LUNCH

Choose 1

Choose 1

Choose 1

- | | | |
|---|--|---|
| A small (2 oz) lean beef or turkey patty | A serving of any vegetable with a POINTS value of 0 such as:
Cucumber slices
Yellow squash
Mushrooms
Lettuce
Spinach
Broccoli
Cauliflower
Green beans
Celery sticks
Bell pepper sticks
Baby carrots
Sliced tomato
Asparagus spears
Salsa
Salad greens (with 2 Tbsp of fat-free Italian dressing) | A 1-cup serving of fruit salad, light yogurt,* or fat-free milk*
2 slices of 100% whole-wheat bread or a whole-grain roll
¾ ounce of whole-grain crackers
2 (6") corn or whole-wheat flour tortillas
A large apple or 2 oranges
A cup of green peas or corn
Any whole grain, fruit, or milk product with a POINTS value of 2 |
| 1½ cups of steamed crab, lobster, scallops, or shrimp | | |
| 3 slices of lean luncheon meat | | |
| A cup of low-fat or fat-free cottage cheese* | | |
| ½ cup of water-packed tuna | | |
| A slice of lean roast beef | | |
| A chicken breast or thigh without skin | | |
| A 1" cube (1 oz) of cheese* | | |
| Any protein-rich food with a POINTS value of 3 | | |

DINNER

Choose 1

Choose 1

Choose 1

Choose 2

- | | | | |
|---|--|--|---|
| An extra-lean beef or turkey patty | A serving of any vegetable with a POINTS value of 0 such as:
Cucumber slices
Yellow squash
Mushrooms
Lettuce
Spinach
Broccoli
Cauliflower
Green beans
Celery sticks
Bell pepper sticks
Baby carrots
Sliced tomato
Asparagus spears
Salsa
Salad greens (with 2 Tbsp of fat-free Italian dressing) | 2 Tbsp of reduced-calorie or 1 Tbsp of regular creamy salad dressing
2 tsp of oil, butter, margarine, or mayonnaise
12 large olives
¼ of an avocado
¼ cup of guacamole
A can or bottle of light beer
A small glass of wine
20 peanuts, 7 cashews, or 11 almonds
2 Tbsp of sunflower seeds
Any oil, seed, nut, or alcoholic beverage with a POINTS value of 2 | (total POINTS value of 4)
A 1-cup serving of fruit salad, light yogurt,* or fat-free milk*
⅔ cup of whole-wheat pasta
½ cup of brown rice
2 slices of 100% whole-wheat bread or a whole-grain roll
2 (6") corn or whole-wheat flour tortillas
A large corn-on-the-cob or a cup of kernels
2 cups of blueberries or mixed berries
½ large baked sweet potato or 2 small white potatoes
Any whole grain, fruit, or milk product with a POINTS value of 2 |
| ½ lb of steamed crab, lobster, scallops, or shrimp | | | |
| ½ cup of canned salmon | | | |
| 2 slices of lean ham or turkey breast | | | |
| ⅔ cup of firm tofu | | | |
| 2 1" cubes (2 oz) of low-fat cheese* or soy cheese | | | |
| 1 cup of reduced-fat cottage cheese* | | | |
| 2 eggs | | | |
| Any protein-rich food with a POINTS value of 4 | | | |

† Refer to your *Getting Started* booklet for more information.
*Counts toward milk servings

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QUICK AND EASY GUIDE TO HIGHER PROTEIN EATING

("RED LIGHT" EDITION)

If managing the portions of carbs you eat – foods like bread, pasta, and rice – is a challenge for you, use this special edition of the *Quick and Easy Guide to Higher Protein Eating* (along with the general information on the reverse side):

- One strategy for this challenge is to limit your “exposure” to these “red light” foods.
 - Start your day with a combination of carbs and protein. Eating carbs at breakfast fuels your metabolism and limits the opportunity to overindulge because you’re time pressured to get on with your day.
 - Choose one other “low risk” time to eat a good-sized portion of carbs – it can be with a meal or as a snack. It may also help to select foods that are the least likely to be problems for you.

As your weight loss progresses, you may find that you're better able to manage your “red light” foods. If and when you feel you're ready, expand your horizons by spreading your carbs throughout the day (or follow the Guide on the reverse side).

BREAKFAST

Choose 1	Choose 1
An egg or 6 egg whites	A 1½-cup serving of oatmeal, fruit salad, whole-grain cereal, light yogurt,* or fat-free milk*
A 1" cube (1 oz) of low-fat cheese* or soy cheese	A cup of grits
A slice of cheese*	3 cups of melon, blueberries, mixed berries, or pineapple
¼ cup of part-skim ricotta cheese*	A medium cantaloupe
A chicken drumstick with skin or 2 without skin	A granola bar
A slice of lean ham	An ounce of whole-grain crackers
2 slices of Canadian-style bacon	3 slices of 100% whole-wheat bread
A Tbsp of peanut butter	A grande latte made with fat-free milk*
Any protein-rich food with a POINTS value of 2	Any whole grain, fruit, or milk product with a POINTS value of 3

LUNCH

Choose 1	Choose 1
A small (2 oz) lean beef or turkey patty	A serving of any vegetable with a POINTS value of 0 such as:
1½ cups of steamed crab, lobster, scallops, or shrimp	Cucumber slices
3 slices of lean luncheon meat	Yellow squash
A cup of low-fat or fat-free cottage cheese*	Mushrooms
½ cup of water-packed tuna	Lettuce
A slice of lean roast beef	Spinach
A chicken breast or thigh without skin	Broccoli
A 1" cube (1 oz) of cheese*	Cauliflower
Any protein-rich food with a POINTS value of 3	Green beans
	Celery sticks
	Bell pepper sticks
	Baby carrots
	Sliced tomato
	Asparagus spears
	Salsa
	Salad greens (with 2 Tbsp of fat-free Italian dressing)

DINNER

Choose 1	Choose 1	Choose 1
An extra-lean beef or turkey patty	A serving of any vegetable with a POINTS value of 0 such as:	2 Tbsp of reduced-calorie or 1 Tbsp of regular creamy salad dressing
½ lb of steamed crab, lobster, scallops, or shrimp	Cucumber slices	2 tsp of oil, butter, margarine, or mayonnaise
½ cup of canned salmon	Yellow squash	12 large olives
2 slices of lean ham or turkey breast	Mushrooms	¼ of an avocado
A large chicken breast without skin	Lettuce	¼ cup of guacamole
⅔ cup of firm tofu	Spinach	A can or bottle of light beer
2 1" cubes (2 oz) of low-fat cheese* or soy cheese	Broccoli	A small glass of wine
A cup of reduced-fat cottage cheese*	Cauliflower	20 peanuts, 7 cashews, or 11 almonds
2 eggs	Green beans	2 Tbsp of sunflower seeds
Any protein-rich food with a POINTS value of 4	Celery sticks	Any oil, seed, nut, or alcoholic beverage with a POINTS value of 2
	Bell pepper sticks	
	Baby carrots	
	Sliced tomato	
	Asparagus spears	
	Salsa	
	Salad greens (with 2 Tbsp of fat-free Italian dressing)	

AT A TIME OF DAY THAT WORKS FOR YOU

Choose 2 (total POINTS value of 6) A 1½-cup serving of fruit salad, whole-grain cereal, light yogurt,* or fat-free milk* A granola bar A large baked potato	1½ cups of corn or green peas ½ cup of refried beans A cup of couscous 3 (6") corn or whole-wheat flour tortillas	An ounce of whole-grain crackers 6 slices of fresh pineapple 3 cups of grapes ⅓ cup of raisins	A tall cappuccino* 3 cups of plain, oil- or microwave-popped popcorn Any whole grain, starchy vegetable, fruit, or milk product with a POINTS value of 3
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*Counts toward milk servings