

Freestyle



Page Recipe

SmartPoints values

| Spring | | | |
|--------|--|----|-------|
| 28 | Eggs royale | 7 | 2 2 |
| 30 | Pancetta, courgette & feta muffins | 3 | 3 3 |
| 30 | Scrambled egg & spinach wraps | 9 | 5 5 |
| 31 | Homemade granola | 6 | 6 4 |
| | Primavera risotto | 13 | 12 12 |
| 32 | <i>Recipe with Cook's tip - swap broad beans for frozen peas</i> | 13 | 12 12 |
| 34 | Courgette & turkey lasagne | 10 | 8 6 |
| 36 | Green bean, pasta, ham & egg salad | 8 | 6 6 |
| | Chicken schnitzels with lemon & parsley potatoes | 11 | 8 5 |
| 38 | <i>Recipe with Cook's tip - serve with shaved green salad & hazelnuts</i> | 14 | 12 8 |
| 40 | Roast salmon with za'atar | 10 | 5 1 |
| | Lamb koftas with Turkish salad | 7 | 7 7 |
| 42 | <i>Recipe with Cook's tip - serve with tomato & red onion salsa</i> | 7 | 7 7 |
| 44 | Green minestrone | 5 | 4 4 |
| 46 | Chinese vegetable stir-fry | 7 | 6 6 |
| | Pesto fish parcels | 1 | 0 0 |
| 48 | <i>Recipe with Cook's tip - serve with chimichurri smashed potatoes</i> | 6 | 5 1 |
| | Asparagus filo quiche | 8 | 7 7 |
| 50 | <i>Recipe with Cook's tip - serve with lemon, garlic & chilli broccoli</i> | 8 | 7 7 |
| 52 | Pea & potato fritters with poached eggs | 8 | 4 1 |
| | Blackened chicken & Jersey Royal traybake | 7 | 6 2 |
| 54 | <i>Recipe with Cook's tip - serve with griddled asparagus with lemon vinaigrette</i> | 9 | 7 3 |
| | Lamb steaks with sticky carrots | 8 | 8 8 |
| 56 | <i>Recipe with Cook's tip - serve with three herb rice</i> | 13 | 13 13 |
| 58 | Mexican street-style pasta salad | 13 | 8 8 |
| 60 | Honey & ginger chicken stir-fry | 9 | 8 8 |
| 63 | Lemon, garlic & chilli broccoli | 0 | 0 0 |
| 63 | Shaved green salad with hazelnuts | 3 | 3 3 |
| 63 | Tomato & red onion salsa | 0 | 0 0 |
| 64 | Three-herb rice | 6 | 6 6 |
| 64 | Griddled asparagus with lemon vinaigrette | 1 | 1 1 |
| 64 | Smashed potatoes with chimichurri | 5 | 5 1 |
| 66 | Cinnamon crepes with griddled bananas | 4 | 3 3 |
| 68 | Houmous with crudités | 5 | 3 3 |
| 68 | Carrot cake snack bites | 1 | 1 1 |
| 68 | Chocolate courgette loaf cake | 7 | 7 7 |
| 68 | Mango, lime & yogurt lollies | 3 | 2 2 |



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| Summer | | | |
|--------|---|----|-------|
| 74 | Tropical fruit salad with oats & yogurt | 4 | 3 2 |
| 74 | Spicy Mexican beans & avocado on toast | 6 | 4 4 |
| 76 | Bircher muesli with peaches | 7 | 6 2 |
| 76 | Pancakes with bacon & bananas | 6 | 6 6 |
| | Chicken & halloumi skewers | 7 | 5 5 |
| 78 | <i>Recipe with Cook's tip - serve with a 2-ingredient flatbread</i> | 10 | 8 8 |
| 80 | Vietnamese beef noodle salad | 8 | 8 8 |
| 82 | Mediterranean aubergine rolls | 2 | 2 2 |
| 84 | Picnic frittata | 6 | 2 1 |
| 86 | Caribbean-style salmon bowl | 13 | 5 0 |
| | Italian chicken traybake | 7 | 5 1 |
| 88 | <i>Recipe with Cook's tip - swap chicken breasts for butternut squash & cauliflower</i> | 5 | 5 1 |
| 90 | Spicy black bean burgers | 12 | 9 5 |
| 92 | Tuna, red onion & butter bean salad | 2 | 0 0 |
| | Pork larb | 4 | 4 4 |
| 94 | <i>Recipe with Cook's tip - serve with satay noodles</i> | 10 | 10 10 |
| | Harissa salmon & prawn parcels | 6 | 1 1 |
| 96 | <i>Recipe with Cook's tip - serve with jewelled giant couscous</i> | 13 | 7 7 |
| | Greek chicken souvlaki wrap | 6 | 4 4 |
| 98 | <i>Recipe with Cook's tip - serve with roasted tomato & rocket salad</i> | 7 | 5 5 |
| | Prawn pad Thai | 8 | 7 7 |
| 100 | <i>Recipe with Cook's tip - swap prawns for chicken breasts</i> | 8 | 7 7 |
| 102 | Roasted tomato couscous with feta | 9 | 7 7 |
| 104 | Chicken & vegetable paella | 9 | 8 8 |
| | Asian-style tuna steaks | 8 | 6 6 |
| 106 | <i>Recipe with Cook's tip - serve with Asian cucumber salad</i> | 8 | 6 6 |
| 109 | Roasted tomato & rocket salad | 1 | 1 1 |
| 109 | Asian cucumber salad | 2 | 2 2 |
| 109 | Satay noodles | 7 | 7 7 |
| 110 | Jewelled giant couscous | 6 | 6 6 |
| 110 | 2-ingredient flatbreads | 3 | 3 3 |
| 110 | 10-minute coleslaw | 0 | 0 0 |
| 112 | Summer pudding | 6 | 6 6 |
| 114 | Griddled watermelon | 2 | 1 1 |
| 114 | Griddled spring onion dip | 3 | 2 2 |
| 114 | Strawberry sundaes | 9 | 7 7 |
| 114 | Banana & peanut butter 'ice cream' | 3 | 3 3 |

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| Autumn | | | | |
|--------|--|----|----|----|
| 120 | Rainbow veggie slice | 5 | 1 | 1 |
| 120 | Porridge with blueberry compote | 7 | 7 | 4 |
| 122 | Mushroom & tomato omelette | 5 | 0 | 0 |
| 122 | Sweet potato & chorizo hash | 7 | 5 | 4 |
| | Spanish-style mussels | 7 | 5 | 5 |
| 124 | <i>Recipe with Cook's tip - serve with orzo pasta with pesto dressing</i> | 13 | 11 | 11 |
| | Bean & butternut squash chilli | 4 | 1 | 1 |
| 126 | <i>Recipe with Cook's tip - serve with oven-baked quinoa</i> | 10 | 7 | 2 |
| | Aubergine & tomato curry | 1 | 1 | 1 |
| 128 | <i>Recipe with Cook's tip - serve with spicy turmeric rice</i> | 7 | 7 | 7 |
| | Steak & caramelised onion sandwiches | 10 | 10 | 10 |
| 130 | <i>Recipe with Cook's tip - serve with butternut squash wedges</i> | 11 | 11 | 11 |
| 132 | Lentil Bolognese | 15 | 9 | 9 |
| 134 | Mushroom & leek tagliatelle | 10 | 10 | 10 |
| | Spinach & mushroom galette | 10 | 9 | 9 |
| 136 | <i>Recipe with Cook's tip - serve with garlic & chilli roasted cauliflower</i> | 11 | 10 | 10 |
| 138 | Chicken casserole with dumplings | 11 | 8 | 6 |
| 140 | Cheesy vegetable bake | 7 | 7 | 7 |
| | Chicken & broccoli soup | 4 | 3 | 1 |
| 142 | <i>Recipe with Cook's tip - serve with brown roll</i> | 9 | 8 | 5 |
| 144 | Fish pie with herby cauliflower mash | 11 | 6 | 6 |
| | Italian-style crumbed turkey | 8 | 6 | 6 |
| 146 | <i>Recipe with Cook's tip - serve with butternut squash wedges</i> | 9 | 7 | 7 |
| | Harissa sausage traybake | 7 | 7 | 4 |
| 148 | <i>Recipe with Cook's tip - serve with mixed bean salad</i> | 10 | 9 | 6 |
| 150 | Chicken & bacon risotto | 11 | 10 | 10 |
| 152 | Spicy beef mince with rosti topping | 8 | 6 | 4 |
| 154 | Mixed bean salad | 2 | 1 | 1 |
| 154 | Oven-baked quinoa | 6 | 6 | 2 |
| 154 | Spicy turmeric rice | 6 | 6 | 6 |
| 157 | Butternut squash wedges | 1 | 1 | 1 |
| 157 | Garlic & chilli roasted cauliflower | 1 | 1 | 1 |
| 157 | Orzo pasta with pesto dressing | 6 | 6 | 6 |
| 158 | Plum crumble tart | 8 | 7 | 7 |
| 160 | Baked sweet potato crisps | 5 | 5 | 1 |
| 160 | Honey-roasted figs with ginger snap crumble | 4 | 4 | 4 |
| 160 | Blackberry mousse | 2 | 2 | 2 |
| 160 | Spicy popcorn | 3 | 3 | 1 |



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| Winter | | | | |
|--------|---|----|----|----|
| 166 | Coconut chia porridge | 7 | 7 | 3 |
| 166 | French toast with Black Forest compote | 9 | 7 | 7 |
| 168 | Pesto shakshuka | 7 | 5 | 5 |
| 168 | Veggie fry up | 9 | 7 | 7 |
| | Beef & ale pie | 10 | 10 | 10 |
| 170 | <i>Recipe with Cook's tip - serve with bean & caramelised shallot mash</i> | 15 | 11 | 11 |
| 172 | Chicken katsu curry | 8 | 5 | 5 |
| 174 | Turkey & chilli meatballs | 12 | 10 | 2 |
| 176 | Tomato, pepper & lentil soup | 7 | 6 | 6 |
| 178 | Easy roast chicken dinner | 9 | 5 | 1 |
| | Melt-in-the-middle fishcakes | 10 | 6 | 3 |
| 180 | <i>Recipe with Cook's tip - serve with roasted beetroot</i> | 10 | 7 | 4 |
| 182 | Vegan sausages with carrot & swede mash | 7 | 7 | 7 |
| | Chicken cacciatore | 5 | 3 | 3 |
| 184 | <i>Recipe with Cook's tip - serve with green veg & new potatoes</i> | 8 | 6 | 3 |
| 186 | Curried parsnip & carrot soup | 3 | 1 | 1 |
| | Bean & sausage cassoulet | 5 | 4 | 4 |
| 188 | <i>Recipe with Cook's tip - serve with chilli-roasted Brussels sprouts</i> | 7 | 5 | 5 |
| | Salmon fish fingers | 13 | 6 | 6 |
| 190 | <i>Recipe with Cook's tip - serve with roasted fennel, chickpeas & potatoes</i> | 18 | 9 | 7 |
| 192 | Pork rendang | 8 | 8 | 8 |
| | Slow-cooked salmon with chickpeas | 11 | 3 | 3 |
| 194 | <i>Recipe with Cook's tip - serve with wild rice & lentil salad</i> | 16 | 6 | 6 |
| 196 | Blue cheese cannelloni | 11 | 10 | 10 |
| | Bacon & cabbage braise with chicken | 9 | 6 | 6 |
| 198 | <i>Recipe with Cook's tip - serve without rolls</i> | 4 | 1 | 1 |
| 201 | Wild rice & lentil salad | 5 | 4 | 4 |
| 201 | Spiced cauliflower 'rice' | 0 | 0 | 0 |
| 201 | Chilli-roasted Brussels sprouts | 1 | 1 | 1 |
| 202 | Bean & caramelised shallot mash | 4 | 1 | 1 |
| 202 | Roasted beetroot | 1 | 1 | 1 |
| 202 | Roasted fennel, chickpeas & potatoes | 4 | 3 | 1 |
| 204 | Gingerbread people | 3 | 3 | 3 |
| 206 | Crunchy chilli lentils | 4 | 1 | 1 |
| 206 | Clementine filo mince pies | 3 | 3 | 3 |
| 206 | Flourless chocolate puddings | 6 | 4 | 4 |
| 206 | Lemon, ginger & pear mug cakes | 7 | 6 | 6 |

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