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 p. 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.

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 color from heart-healthy antioxidants, so mix it up.

Your ZeroPoint food categories

Fruits
Vegetables
Eggs
Chicken & turkey breast

Fish/Shellfish
Nonfat yogurt & soy yogurt
Beans & legumes
Tofu & tempeh

Want some tips for making the most of your ZeroPoint foods? Turn to p. 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.

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Irish steel-cut oats with pomegranate and</td>
<td>Egg and bacon breakfast slider with fresh</td>
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<tr>
<td>pistachios</td>
<td>fruit</td>
</tr>
<tr>
<td>[Image 1]</td>
<td>[Image 5]</td>
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<tr>
<td>6</td>
<td>5</td>
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<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
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<tr>
<td>Honey mustard chicken salad whole-wheat</td>
<td>OUT FOR PIZZA</td>
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<tr>
<td>sandwich and 1 oz pretzels</td>
<td>1 large slice regular-crust cheese pizza</td>
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<tr>
<td></td>
<td>(⅛ of a 16-in pie) and a side salad with</td>
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<tr>
<td></td>
<td>¼ cup croutons and 1½ Tbsp Italian dressing</td>
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<td>[Image 2]</td>
<td>[Image 14]</td>
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<tr>
<td>6</td>
<td>14</td>
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<tr>
<td><strong>Snacks</strong></td>
<td><strong>Snacks</strong></td>
</tr>
<tr>
<td>Parmesan-herb popcorn</td>
<td>14 pistachios or 7 almonds</td>
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<tr>
<td>[Image 3]</td>
<td>[Image 1]</td>
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<tr>
<td>3</td>
<td>1</td>
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<td>...............</td>
<td>...............</td>
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<tr>
<td>Apple slices drizzled with ½ Tbsp honey</td>
<td>Fresh fruit salad</td>
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<tr>
<td>and cinnamon</td>
<td>[Image 0]</td>
</tr>
<tr>
<td>[Image 4]</td>
<td>[Image 0]</td>
</tr>
<tr>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>ASIAN FISH AND VEGGIE BOWL</td>
<td>Chicken, peach, and fig salad with ricotta</td>
</tr>
<tr>
<td>Combine steamed shrimp or crab, edamame,</td>
<td>salata</td>
</tr>
<tr>
<td>shredded carrots and cabbage,</td>
<td></td>
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<tr>
<td>½ cup brown rice, and 2 Tbsp ginger salad</td>
<td></td>
</tr>
<tr>
<td>dressing</td>
<td></td>
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<tr>
<td>[Image 5]</td>
<td></td>
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<tr>
<td>6</td>
<td></td>
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<tr>
<td><strong>Dinner</strong></td>
<td></td>
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</tbody>
</table>

Want dessert or a glass of wine? Tap into your weekly SmartPoints!
### DAY 3

**Breakfast**
Nonfat plain Greek yogurt topped with fresh fruit and 2 Tbsp slivered almonds  

**Lunch**
Greek-Inspired veggie burger

**Snacks**
1 cup chocolate-almond nice cream

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

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### DAY 4

**Breakfast**
Waffles with lemony ricotta and blueberries

**Lunch**
Pair 1 cup lentil-vegetable soup with a roast beef wrap on a medium flour tortilla, 3 oz deli-style roast beef, 1 Tbsp mustard, lettuce, sliced onion, tomato, and pickles

**Snacks**
1 mini frosted cupcake and a cup of tea

**Dinner**
Greek chicken with tzatziki, orzo, and peppers

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### DAY 5

**Breakfast**
½ cup Greek yogurt with ¼ cup warm blueberry sauce

**Lunch**
OUT FOR JAPANESE
California roll (4 pieces), spicy tuna roll (4 pieces), edamame, and 1½ cups miso soup

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

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

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_Went over your Budget? Tap into your weekly SmartPoints._
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.
*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, & 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**

**Crispy salmon with French lentils**

1. **Start with a ZeroPoint™ food**
   - 0
2. **Add some protein**
   - 0
3. **Bump up the flavor**
   - 0
4. **Include some fats**
   - 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.

**Flank steak asado with pimenton oil**

1. **Start with a ZeroPoint™ food**
   - 0
2. **Add some protein**
   - 3
3. **Bump up the flavor**
   - 0
4. **Include some fats**
   - 1

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

**DID YOU KNOW?**

Adding a splash of acid (such as vinegar, lemon, or lime juice) just before serving a dish can help its flavor pop. Try a drizzle of champagne vinegar on the lentil salad.
<table>
<thead>
<tr>
<th>Category</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VEGETABLES (STARCHY)</strong></td>
<td>Cauliflower, Canned corn, Corn, Green peas, Parsnips, Peas, Split peas, Succotash</td>
</tr>
<tr>
<td><strong>BEANS &amp; LEGUMES</strong></td>
<td>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</td>
</tr>
<tr>
<td><strong>EGGS</strong></td>
<td>Egg substitute, Egg whites, Egg yolks, Eggs</td>
</tr>
<tr>
<td><strong>FISH/SHELLFISH</strong></td>
<td>Abalone, Alaskan king crab, Anchovies, in water, Arctic char, Bluefish, Branzino, Butterfish, Canned tuna, in water, Carp, Catfish, Caviar, Clams, Cod, Crabmeat, lump, Crayfish, Cuttlefish, Eel, Fish roe, Flounder, Groper, Haddock, Halibut, Herring, Lobster, Mahi mahi, Monkfish, Mussels, Octopus, Orange roughy, Oysters, Perch, Pike, Pollock, Pompano, Salmon, Sardines, canned in water or sauce, Sashimi, Scallops, Sea bass, Sea cucumber, Sea urchin, Shrimp, Smelt, Smoked haddock, Smoked salmon, Smoked sturgeon, Smoked trout, Smoked whitefish, Snails, Snapper, Sole, Squid, Steelhead trout, Striped bass, Sturgeon, Swordfish, Tilapia, Trout</td>
</tr>
<tr>
<td><strong>FRUITS</strong></td>
<td>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, Grapefruit, Grapes, Guava, Honeydew, Kiwi, Kumquats, Lemons, Limes</td>
</tr>
</tbody>
</table>
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.

**Whip ’em good**
Meringue desserts, like fruit-filled pavlovas, are a delicious, low-SmartPoints™ sweet. *Gingerbread meringue tarts*

**Put them on a pizza**
Add a flavor and 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*

**Boiled, unpeeled eggs will last up to a week in the fridge.**

Find all the recipes in this book at WW.com/my-ww-recipes.
Zero Hero: Nonfat Yogurt

Rolling in the dough
Combine self-rising flour and yogurt to make a versatile two-ingredient dough. **Mexican soft tostadas**

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.