

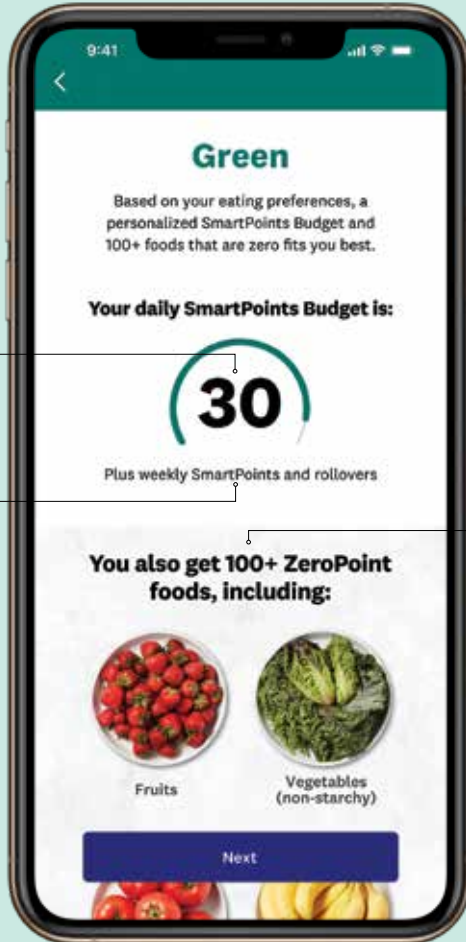
Green 101

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 p. 18.

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.

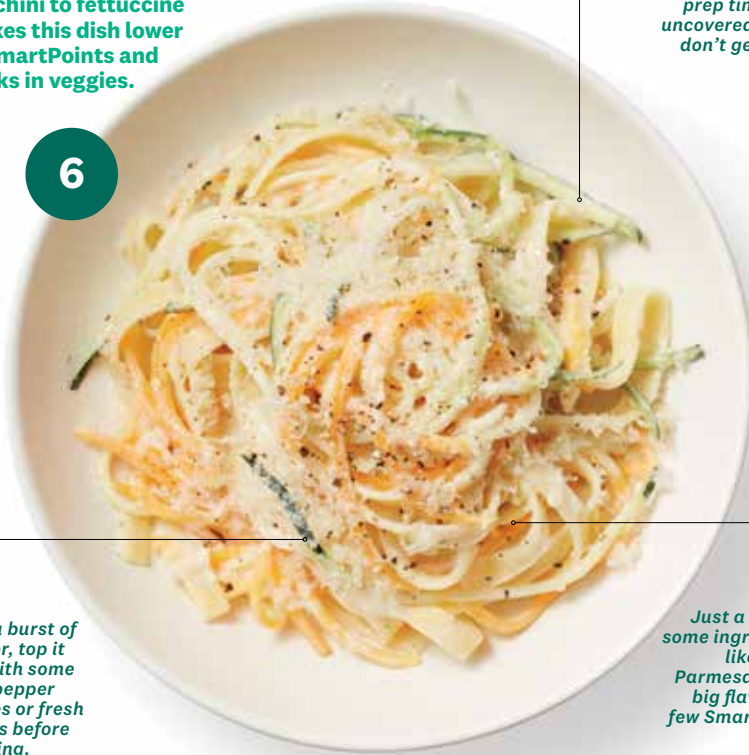
Tri-color fettuccine alfredo

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

6

4

You can buy pre-made zoodles to cut down prep time. Cook uncovered so they don't get soggy.



0

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

2

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

Your ZeroPoint food categories



Fruits



Vegetables
(non-starchy)

Wondering what to do with a veggie like cauliflower?
We've got ideas on p. 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, with ½ cup orange juice

8

Lunch

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

10



Snacks

Medium (12 fl oz) latte made with low-fat milk

6

.....
Basil-spinach dip & pita chips

4



Dinner

Roasted chicken with squash and peppers

2

DAY 2

Breakfast

Smoked salmon and cream cheese muffin

4



Lunch

OUT FOR MEXICAN

2 fast-food soft tacos with salsa and a side salad

8

Have SmartPoints® left over? Up to 4 will be automatically rolled over for another day.

Snacks

Hard-boiled egg with fresh veggies

2

OFFICE PARTY

2 glazed doughnut holes with a cup of milky coffee

6

Dinner

One-pot penne with broccoli rabe and sausage

10



DAY 3

Breakfast

Buttermilk-oat pancakes with yogurt and pear

9



Lunch

Salmon Niçoise salad with lemon-caper dressing

9



Snacks

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

3

.....
Fruit, cheese, and nut plate

2

Dinner

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

14

*Went over your Budget?
Tap into your weekly SmartPoints.*

DAY 4

Breakfast

Egg and Canadian bacon sandwich with avocado and tomato

7

Lunch

Turkey burger with squash fries

6



Snacks

24 pistachios, 11 almonds, or 6 cashews, with an apple

2

.....
1 oz pretzels

3



Dinner

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

12

DAY 5

Breakfast

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

7

Lunch

AT A CHINESE RESTAURANT

1 cup wonton soup, 1 cup chicken and broccoli, ½ cup steamed rice

10

Snacks

Fresh fruit salad

0

.....
Blue corn nachos

4



Dinner

Classic lasagna with roasted broccoli

9



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

Puree boiled cauliflower florets into mashed potatoes for extra creaminess. (Use half cauliflower and half potatoes.) *Cauliflower and potato mash with Gorgonzola*



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*



To cut down on prep time, look for bagged cauliflower rice in the produce or freezer section.

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*



DID YOU KNOW?

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

Build a meal

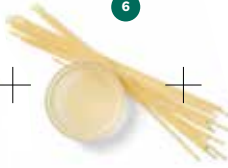
Start with
a ZeroPoint™ food

0



Add something
hearty and delicious

6



Top it with
more veggies

1



Give it a
flavor boost

2



Bucatini all'Amatriciana

9



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

FOLD HERE

Start with
a ZeroPoint food

0



Add something
hearty and delicious

1



Top it with
more veggies

1



Give it a
flavor boost

3



Chipotle-lime shrimp with corn and poblanos

5



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!

Green ZeroPoint™ foods

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
Pineapples
Plums
Pomegranates
Pomelo
Raspberries
Star fruit
Strawberries
Tangerines
Watermelon

VEGETABLES (NON-STARCHY)

Acorn squash
Artichoke hearts,
no oil
Artichokes
Arugula
Asparagus
Baby corn
Bamboo shoots
Basil

Beets
Beet greens
Bok choy
Broccoli
Broccoli slab
Brussels sprouts
Butter/Bibb lettuce
Butternut squash
Cabbage

Pea shoots

Peppers
Pickles, *unsweetened*
Pico de gallo
Pumpkin
Pumpkin puree
Radishes
Red leaf lettuce
Romaine lettuce
Rosemary
Rutabaga
Salsa
Frozen stir-fry vegetables, *no sauce*
Sauerkraut
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

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
Pineapples
Plums
Pomegranates
Pomelo
Raspberries
Star fruit
Strawberries
Tangerines
Watermelon

VEGETABLES (NON-STARCHY)

Acorn squash
Artichoke hearts,
no oil
Artichokes
Arugula
Asparagus
Baby corn
Bamboo shoots
Basil

Beets
Beet greens
Bok choy
Broccoli
Broccoli slab
Brussels sprouts
Butter/Bibb lettuce
Butternut squash
Cabbage



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

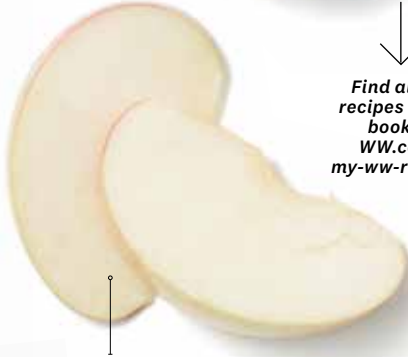
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Zero Hero: Apple



Not just for pies

Sautéed apples are delicious paired with chicken and pork.
Apple-braised chicken



Drizzle the cut surfaces of an apple with a bit of lemon juice to prevent them from browning.

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



Skip the added sugar

Cooked apples add sweetness (but no SmartPoints® value) to breakfast recipes.
Spiced-apple-stuffed French toast casserole

A new spin on sandwiches

Thickly sliced crisp apples (like Granny Smith) are a delicious substitute for bread. Just add fillings.
Turkey, spinach, and cheese apple sandwich



→ DID YOU KNOW?

Apples release a gas called ethylene, which causes some produce to ripen faster. Store apples separately from other fruit (unless you want them to ripen fast, too).

Zero Hero:

Banana

Bite-size muffins

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

Mini banana & raspberry cakes



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



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



Bake them

Give classic banana bread a savory twist by adding zucchini and sour cream.
Banana, zucchini & sour cream bread



DID YOU KNOW?

Bananas are available year round; unlike other fruits, bananas continue to ripen at the same pace after they are picked.

Zero Hero: Pumpkin



Make sure to buy canned pumpkin puree, 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*

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*



Combining canned pumpkin with flavorings and letting them sit for an hour will infuse the pumpkin with the flavor.



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!

CASSIE D.,
WW GUIDE

