You get a personalized amount of SmartPoints® to spend on any food you choose, and 100+ fruits and veggies that are zero.

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.

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

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

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  

**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

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

**Dinner**
Roasted chicken with squash and peppers

DAY 2

**Breakfast**
Smoked salmon and cream cheese muffin

**Lunch**
OUT FOR MEXICAN
2 fast-food soft tacos with salsa and a side salad

**Snacks**
Hard-boiled egg with fresh veggies

**Dinner**
One-pot penne with broccoli rabe and sausage

Have SmartPoints® left over? Up to 4 will be automatically rolled over for another day.
### DAY 3

**Breakfast**
Buttermilk-oat pancakes with yogurt and pear

**Lunch**
Salmon Niçoise salad with lemon-caper dressing

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

**Dinner**
Classic lasagna with roasted broccoli

Went over your Budget?
Tap into your weekly SmartPoints.

### DAY 4

**Breakfast**
Egg and Canadian bacon sandwich with avocado and tomato

**Lunch**
Turkey burger with squash fries

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

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

### DAY 5

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

**Lunch**
AT A CHINESE RESTAURANT
1 cup wonton soup, 1 cup chicken and broccoli, ¼ cup steamed rice

**Snacks**
Fresh fruit salad

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

**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

1. **Start with a ZeroPoint food**
2. **Add something hearty and delicious**
3. **Top it with more veggies**
4. **Give it a flavor boost**

**Bucatini all’Amatriciana**

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

**Chipotle-lime shrimp with corn and poblanos**

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!
### 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
- Arugula
- Asparagus
- Baby corn
- Bamboo shoots
- Basil
- Beets
- Beet greens
- Bok choy
- Broccoli
- Broccoli slaw
- Brussels sprouts
- Butter/Bibb lettuce
- Butternut squash
- Cabbage

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

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**Zero Hero: Apple**

**Not just for pies**
Sautéed apples are delicious paired with chicken and pork. *Apple-braised chicken*

**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*
Bake them
Give classic banana bread a savory twist by adding zucchini and sour cream.

Banana, zucchini & sour cream bread

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

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

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

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

Mini banana & raspberry cakes
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*

Be snacktastic
Swap jazzed-up canned pumpkin for ice cream in parfaits. *Creamy pumpkin-ginger parfaits*

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!