We’re so glad you’re here!
Weight loss, your way. When it comes to losing weight, everyone’s needs are different. What works well for one person may not work as well for another. That’s why, for the first time ever, we’re offering more than one way to experience the journey.

Introducing myWW™! With this groundbreaking program, you can feel confident that you’re on the right path for you. We start with a food plan that’s based in nutrition science, so your body is getting what it needs and you’re not going hungry. Then we layer in proven behavioral techniques to help you build life-changing habits, one small, achievable goal at a time. You’ll eat better, move more, and shift your mindset to an “I’ve got this” way of thinking—because we’re about more than just weight loss. We’re about success that lasts.

So welcome. This is the start of something great.
No fads, just proven science

It all starts with our SmartPoints® system, which takes complex nutritional data and boils it down to one simple, easy-to-understand number: the SmartPoints value.

SmartPoints guide you toward a healthier pattern of eating.
Calories form the baseline. Sugar and saturated fat make the number go up; protein lowers it.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Saturated fat</th>
<th>Protein</th>
<th>Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Your SmartPoints Budget is personalized to you.
It’s based on your age, weight, height, and sex to ensure you reach your weight goals.

A 6’3” man has different nutritional needs than a 5’2” woman.

Weekly SmartPoints and rollovers add flexibility.
Up to 4 unused daily SmartPoints will automatically roll over into your weeklies so you can bank them for another day.

ZeroPoint foods make eating simpler

ZeroPoint™ foods are exactly what they sound like—foods that have zero SmartPoints value. Why? These nutritional powerhouses form the basis of a healthy eating pattern.

Check this out

You can eat ZeroPoint foods without measuring or tracking and still lose weight. (They’re less likely to be overeaten than other foods.)

1. You don’t have to buy anything special
They’re regular, everyday foods so you don’t have to eat differently from your family and friends.

2. You always have options
You’ll always have something delicious to eat, even with only a few SmartPoints to spend.

3. Tracking is simple
You don’t have to measure or track these foods, which adds flexibility to your SmartPoints Budget.

But here’s the thing...
Just because you don’t have to track ZeroPoint foods, it doesn’t mean they’re all-you-can-eat, or that they’re the only things you should eat. At the end of the day, it’s about building a healthy pattern of eating—because that’s what’s livable.
Your mindset matters

Here’s the deal: What’s in your head is just as important as what’s on your plate. No matter what your goals are—whether it’s to lose weight, eat healthier, or move more—shifting your mindset is the best place to start.

In your Workshop, you’ll learn how to get into a new frame of mind—because when you embrace challenges, see setbacks as opportunities, and believe you can make real change, you can stay focused on your goals. Bring on the success!

See how other members are living WW
Connect is our private, members-only community in the WW app.

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1. Retrain your brain.
Science shows that being kind to yourself when things don’t go as planned (hey, you’re human!) can actually help you get back on track with eating better and moving more.4,5,6

2. Focus on what your body can do... and not on how it looks. Studies show that shifting how you think about your body can help you lose weight.7

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DID YOU KNOW?
Every day members post thousands of tips, recipes, insights, dog videos—all kinds of great stuff—on Connect. Start scrolling!
Every move counts

The rewards of regular activity? Huge. Want to manage stress and sleep better? Being active definitely helps. It’s also the single best predictor of who keeps weight off and who doesn’t.8

This really works

Every habit starts as a single conscious action. The more you repeat it, the more it becomes second nature. Want to turn the 6 p.m. yoga class after work into a habit? This trick can help.

1. Create a cue
   You could set a calendar alert for 5:15 p.m. to remind you to leave.

2. Take action
   When the alert pops up, turn off your computer and head out the door.

3. Experience the reward
   Feeling relaxed (or just the satisfaction of taking care of yourself) will inspire you to do it again and again.

ANOTHER COOL TOOL

You’ll earn FitPoints® when you track activity. FitPoints are another way, besides the scale, to see the progress you’re making.
1 program, 3 ways to live it

The myWW™ program is freeing and flexible for you because it takes your personal needs into account and figures out which option best aligns with your lifestyle.

**Green**
Green guides you toward a smaller list of foods that form the basis of healthy eating habits, with a sizable SmartPoints® Budget to spend on other foods you love. You’ll build meals and snacks around 100+ ZeroPoint foods including fruits and veggies, and track other foods that have a SmartPoints value.

**Blue**
Blue guides you toward a list of foods that form the basis of healthy eating habits, with a SmartPoints Budget to spend on other foods you love. You’ll build meals around 200+ ZeroPoint foods including fruits, veggies, and lean proteins, and track other foods that have a SmartPoints value.

**Purple**
Purple guides you toward a long list of foods that form the basis of healthy eating habits, with a modest SmartPoints Budget to spend on other foods you love. You’ll build meals around 300+ ZeroPoint foods including fruits, veggies, lean proteins, and whole grains, and track other foods that have a SmartPoints value.
**Green 101**

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

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**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.

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**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.

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**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.**

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

---

**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!

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 1 ½ Tbsp vinaigrette dressing

**Snacks**

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

**Dinner**

Roasted chicken with squash and peppers

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

DAY 2

**Breakfast**

Smoked salmon and cream cheese muffin

**Lunch**

OUT FOR MEXICAN

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

**Have SmartPoints left over?**

Up to 4 will be automatically rolled over for another day.

**Snacks**

Hard-boiled egg with fresh veggies

**Dinner**

One-pot penne with broccoli rabe and sausage

Went over your Budget? Tap into your weekly SmartPoints.

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**

AT A BAR WITH FRIENDS

12 fl oz light beer and grilled chicken on a bun

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**

Classic lasagna with roasted broccoli
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

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
Add something hearty and delicious
Top it with more veggies
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!
**myWW™ STARTER GUIDE**

**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.

**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**

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

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

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

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 a better batter**
Adding canned pumpkin to pancakes helps reduce the amount of butter needed and adds 7 grams of fiber. *Pumpkin spice pancakes*

**Boost your sauces**
Combining canned pumpkin with flavorings and letting them sit for an hour will infuse the pumpkin with the flavor. *Creamy pumpkin-ginger parfaits*

**Be snacktastic**
Swap jazzed-up canned pumpkin for ice cream in parfaits. *Mac-and-cheese donuts*

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**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!
Blue 101

You get a personalized amount of SmartPoints® to spend on any food you choose, and 200+ foods that are zero.

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.
<table>
<thead>
<tr>
<th></th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Irish steel-cut oats with pomegranate and pistachios</td>
<td>Egg and bacon breakfast slider with fresh fruit</td>
<td>Nonfat plain Greek yogurt topped with fresh fruit and 2 Tbsp slivered almonds</td>
<td>Waffles with lemony ricotta and blueberries</td>
<td>½ cup Greek yogurt with ¼ cup warm blueberry sauce</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Honey mustard chicken salad whole-wheat sandwich and 1 oz pretzels</td>
<td>OUT FOR PIZZA 1 large slice regular-crust cheese pizza (¼ of a 16-in pie) and a side salad with ¼ cup croutons and 1½ Tbsp Italian dressing</td>
<td>Greek-inspired veggie burger</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Snacks</strong></td>
<td>Parmesan-herb popcorn</td>
<td>14 pistachios or 7 almonds</td>
<td>1 cup chocolate-almond nice cream</td>
<td>9 tortilla chips with fat-free salsa</td>
<td></td>
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<tr>
<td></td>
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<td></td>
<td>Fresh vegetable sticks with 4 Tbsp hummus</td>
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<td></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>ASIAN FISH AND VEGGIE BOWL</td>
<td>Chicken, peach, and fig salad with ricotta salata</td>
<td>Did you know that up to 4 unused SmartPoints® will be automatically rolled over to use on another day?</td>
<td>Greek chicken with tzatziki, orzo, and peppers</td>
<td>Family Meal</td>
</tr>
<tr>
<td></td>
<td>Combine steamed shrimp or crab, edamame, shredded carrots and cabbage, ½ cup brown rice, and 2 Tbsp ginger salad dressing</td>
<td>Want dessert or a glass of wine? Tap into your weekly SmartPoints!</td>
<td>Want some green tea ice cream? Use your weekly SmartPoints!</td>
<td>Date Night</td>
<td>Family Meal</td>
</tr>
</tbody>
</table>

**Find all the recipes in this book at WW.com/my-ww-recipes.**
Zero Point 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.

**Ripen tomatoes at room temperature. Refrigeration slows down ripening and decreases flavor.**

**Go beyond beefsteak**
Tomatoes come in many shapes and colors. Scout out heirloom varieties at your local farmers’ market.

**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**

**Start with a Zero Point food**

**Add some protein**

**Bump up the flavor**

**Include some fats**

**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.**

**Crispy salmon with French lentils**

**Flank steak asado with pimenton oil**

**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.
### Vegetables
- Parsley
- Pea Shoots
- Peppers
- Pickles
- Mangoes
- Cauliflower
- Tuna
- Meyer Lemons
- Nectarines
- Cauliflower Rice
- Turbot
- Oranges
- Papayas
- Chives
- Peaches
- Pears
- Persimmons
- Almond
- Pomegranates
- Pineapples
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Cranberries
- EGGPLANT
- Adzuki Beans
- Black-eyed Peas
- Kidney Beans
- Lima Beans
- Lupini Beans
- Navy Beans
- Pinto Beans
- Refried Beans
- Soy Beans
- Jalapeño Peppers
- Chillies
- Cilantro
- Persimmons
- Pears
- Peaches
- Plums
- Prunes
- Blackberries
- Blueberries
- Raspberries
- Strawberries
- Ripe Grapes
- Blueberries
- Blackberries
- Cranberries
- Dried Cherries
- Raisins
- Apricots
- Apples
- Pears
- Pomegranates
- Pears
- Plums
- Peaches
- Pears
- Prunes
- Blackberry

### Beans & Legumes
- 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
- Soy Beans
- Chickpeas
- Edamame
- Fava Beans
- Great Northern Beans
- Kidney Beans
- Lentils
- Lima Beans
- Lupini Beans
- Navy Beans
- Pinto Beans
- Refried Beans
- Soy Beans

### Eggs
- Egg Substitute
- Egg Whites
- Egg Yolks
- Eggs

### Fish/SHELLFISH
- Abalone
- Alaskan King Crab
- Anchovies
- Smoked Salmon
- Oyster
- Haddock
- Halibut
- Lobster
- Mahi Mahi
- Monkfish
- Salmon
- Sardines
- Scallops
- Smoked Haddock
- Smoked Trout
- Smoked Whitefish
- Steelhead Trout
- Swordfish
- Tilapia
- Trout
- Tuna
- Turbot
- Wahoo
- Whitefish

### Fruits
- Apples
- Tangerines
- Watermelon
- Bananas
- Blackberries
- Pomegranates
- Pineapples
- Grapes
- Peach
- Dates
- Apricots

### Eggs
- Egg Substitute
- Egg Whites
- Egg Yolks
- Eggs

### Fats & Oils
- Olive Oil
- Canola Oil
- Avocado Oil
- Coconut Oil
- Peanut Oil
- Sunflower Oil

### Herbs & Spices
- Garlic
- Ginger
- Cumin
- Coriander
- Turmeric
- Cayenne
- Paprika
- Oregano
- Basil
- Thyme
- Rosemary

### Nuts
- Almonds
- Brazil Nuts
- Cashews
- Macadamia Nuts
- Pecans
- Walnuts

### Poultry
- Boneless Skinless Chicken Breasts
- Ground Turkey
- Ground Chicken
- Skinless Turkey Breast
- Skinless Chicken Breast

### Yogurt
- Nonfat Greek Yogurt
- Nonfat Plain Yogurt
- Greek Yogurt
- Yogurt
- Tofu
- Tempeh

### Soy Products
- Tofu
- Tempeh
- Soy Sauce
- Miso

### Gluten-Free
- Quinoa
- Millet
- Teff

### Whole Grains
- Brown Rice
- Wild Rice
- Farro
- Barley

### Sauces
- Teriyaki Sauce
- Honey Sriracha
- Pomegranate Molasses
- Sriracha

### Vegetables
- Broccoli
- Cauliflower
- Peppers
- Spinach
- Zucchini

### Herbs & Spices
- Rosemary
- Thyme
- Basil
- Oregano
- Cumin

### Fats & Oils
- Olive Oil
- Canola Oil
- Avocado Oil
- Coconut Oil
- Peanut Oil
- Sunflower Oil

### Nuts
- Almonds
- Brazil Nuts
- Cashews
- Macadamia Nuts
- Pecans
- Walnuts

### Poultry
- Boneless Skinless Chicken Breasts
- Ground Turkey
- Ground Chicken
- Skinless Turkey Breast
- Skinless Chicken Breast

### Yogurt
- Nonfat Greek Yogurt
- Nonfat Plain Yogurt
- Greek Yogurt
- Yogurt
- Tofu
- Tempeh

### Soy Products
- Tofu
- Tempeh
- Soy Sauce
- Miso

### Gluten-Free
- Quinoa
- Millet
- Teff

### Whole Grains
- Brown Rice
- Wild Rice
- Farro
- Barley

### Sauces
- Teriyaki Sauce
- Honey Sriracha
- Pomegranate Molasses
- Sriracha

### Vegetables
- Broccoli
- Cauliflower
- Peppers
- Spinach
- Zucchini
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.
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.

Blue 101

You get a personalized amount of SmartPoints® to spend on any food you choose, and 200+ foods that are zero.

**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.

**Your ZeroPoint food categories**
- Fruits
- Vegetables
- Eggs
- Chicken & turkey breast
- Fish/Shellfish
- Nonfat yogurt & soy yogurt
- Beans & legumes
- Tofu & tempeh

**Spicy chicken tacos**
Simmering chicken in tomato sauce gives it great flavor and tenderness for 0 SmartPoints.

**DID YOU KNOW?**
Corn tortillas have fewer SmartPoints than flour tortillas, and they’re more traditional in Mexican cuisine.

**DID YOU KNOW?**
Red and purple cabbage get their bright color from heart-healthy antioxidants, so mix it up.

A little bit of a strongly flavored cheese goes a long way. Sharp cheddar and crumbled feta are tasty options.

Want some tips for making the most of your ZeroPoint foods? Turn to p. 27.
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.

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Try these easy apps
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Go beyond beefsteak
Tomatoes come in many shapes and colors. Scout out heirloom varieties at your local farmers’ market.

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.

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.

Build a meal

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

Start with a ZeroPoint food
Add some protein
Bump up the flavor
Include some fats

Zero Hero: Tomato

Ripen tomatoes at room temperature. Refrigeration slows down ripening and decreases flavor.

Start with a ZeroPoint food
Add some protein
Bump up the flavor
Include some fats

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.
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.
**Zero Hero: Nonfat Yogurt**

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

**The clear liquid in yogurt containers is naturally occurring whey. Don’t drain it; stir it back in.**

**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.
Purple 101

You get a personalized amount of SmartPoints® to spend on any food you choose, and 300+ foods that are zero.

Shrimp fried rice
Quick one-pan dinners are great for weeknights. Aim for protein, starch, and veggies all in the same meal.

1
Look for dark sesame oil at your supermarket. It’s so flavorful that you need just a tiny bit.

0
Brown rice has almost 6 times the fiber of white rice. Using it in this meal saves 3 SmartPoints.

Your ZeroPoint food categories

DID YOU KNOW?
We’ve set up a Connect group just for people on Purple! See what other members are eating (and doing and posting) in the WW app.
### 5-day menu

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>BLT breakfast cheese toast with an orange</td>
<td>Toast 1 frozen whole-grain waffle, spread with 1 Tbsp peanut butter, and top with banana slices and a dash of cinnamon.</td>
<td>Cranberry-almond morning barley</td>
<td>Western omelette</td>
<td>Poblano and egg breakfast sandwich with fresh fruit</td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
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<tr>
<td><strong>Snacks</strong></td>
<td><strong>Snacks</strong></td>
<td><strong>Snacks</strong></td>
<td><strong>Snacks</strong></td>
<td><strong>Snacks</strong></td>
</tr>
<tr>
<td>Sliced pear or apple with 1 Tbsp almond butter</td>
<td>Banana-chocolate chip mini-muffin and coffee with fat-free milk</td>
<td>Grapes, 2 oz low-fat cheddar, 7 almonds</td>
<td>Plain fat-free cottage cheese with fresh fruit</td>
<td>Book Club Night 2 medium chocolate-covered strawberries</td>
</tr>
<tr>
<td></td>
<td>Buttermilk-herb dip with crudité</td>
<td>Deviled eggs with capers and dill</td>
<td>*</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Banana or apple</td>
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</tr>
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<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>POST-SOCcer PRACTICE Beef and vegetable stir-fry with brown rice</td>
<td>Pesto chicken salad sandwich with Italian arugula salad</td>
<td>Chickpea and spinach stew served over whole-wheat couscous</td>
<td>Italian turkey sausage and pepper pasta</td>
<td>Swordfish &amp; veggie skewers with creamy avocado sauce, served with brown rice or quinoa</td>
</tr>
<tr>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

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.
Zero Hero: Quinoa

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.

Pack in the protein
Layer quinoa in vegetarian bowls. You can treat it like a grain (it’s really a seed), and it adds extra protein. Greek quinoa bowls with chickpeas, peppers, and eggplant.

Totally delicioso
Quinoa makes a great stand-in for rice in paella. Quinoa paella

A new twist on oatmeal
Put cooked quinoa in a bowl with fat-free milk and a little sugar. Microwave for a quick and satisfying hot breakfast. Coconut-quinoa with mango

DID YOU KNOW?
Quinoa contains a coating called saponin, which can make it taste soapy and bitter. Be sure to rinse it before you cook it, or buy pre-rinsed quinoa at your supermarket.
**Replace the fat**
Stir cooked, mashed sweet potatoes into quick-bread batter to cut back on sugar and oil.

**Sweet potato quick bread with pumpkin seeds**

**Add creaminess**
Sweet potato puree makes soups thick and rich, with almost no dairy.

**Spanish-spiced roasted pepper bisque**

**Lightly toasting pumpkin seeds increases their flavor.**

**Give toast a makeover**
Toasted sweet potato slices make a nutrient-rich replacement for bread.

**Bacon, egg, and cheese sweet potato toast**

**Zero Hero: Sweet potato**

**DID YOU KNOW?**
Not all sweet potatoes are the same. Japanese sweet potatoes have a thin, smooth skin, a milder flavor, and creamy yellow flesh.
Rise and shine
Wake up to a nourishing breakfast by soaking your oats overnight and topping with juicy mango in the morning.
_Tropical overnight oats_

Satisfying snack
Add a dose of fiber to your homemade energy balls by adding finely chopped oats to the mixture.
_Choc peanut bliss balls_

A new twist on muffins
Warm up with a warm oat-and-cinnamon mug muffin.
_90-second mug muffin_

_DID YOU KNOW?_
Oats contain antioxidants plus key minerals, like magnesium and zinc, and beta-glucan—a type of a soluble fiber that can help regulate blood sugar and improve total cholesterol.
Start with a ZeroPoint™ food

Add some veggies

Bump up the flavor

Include some fats

Tofu, broccoli, and butternut squash with creamy tahini sauce

Cubes of chicken breast can be swapped for the tofu in this recipe. Just make sure the chicken reaches an internal temp of 165°F.

Start with ZeroPoint foods

Add some veggies

Bump up the flavor

Include some fats

Soba noodle chicken bowl

This recipe is very versatile—try shrimp or pork instead of chicken, or edamame and bok choy instead of peas and spinach.

DID YOU KNOW?

To easily peel and prep ginger, run the back of your spoon over the skin. Then square off a piece of peeled ginger and chop, slice, or mince.
Ready to jump in?

Here are three quick, totally doable things you can tackle right now to get off to a great start.

1. **Put your next Workshop on your calendar**
   One study found that people who attended Workshops frequently were 11 times more likely to lose 5% of their body weight than those who didn’t. And 5% is a big deal when it comes to health!

2. **Find your ZeroPoint™ food list in the WW app**
   The more in tune you are with your app, the better! And not only because it’s the easiest way to track: People who used the WW app regularly lost significantly more weight than those who didn’t.

3. **Figure out what you’re going to eat and track it**
   Becoming mindful—of what you eat, how much you move, and your weight—is one of the most powerful tools for weight loss.
Good things are coming your way

If you’re new to us, you’ll get everything you need to live WW in the real world. If you’ve been with us a while, you’ll get fresh inspiration (and a few surprises) to keep you going strong.

Check out your tools

“Starter Streak” emails
Get the scoop on how to make myWW™ work for you. Read them. Frame them. But don’t ignore them.

Studio Finder
No matter where your life takes you, it’s easy to find a Workshop. Filter by day, time, or location, and see which Coaches are there.

Connect
Our private, members-only community in the WW app is a huge source of inspiration. These are your people—come meet them!

Workshops
This is where the magic happens. Each week is designed to bring a breakthrough, and your fellow members provide inspiration.

WellnessWins™
You’ll earn Wins for building healthy habits. Trade them in for real rewards like products and cool experiences, all for free.

24/7 Expert Chat
Have a question about SmartPoints® or just need a little advice? Help is at your fingertips. Chat with a WW Coach, 24/7, right in the app.
Let’s talk tools...

...starting with our easy-to-use WW app! It’s the best way to find recipes, track food and activity, and connect with others.

**SEARCH**
Type in a food or activity to track it.

**WEEKLY SMARTPOINTS®**
You get a fresh batch of these each week, for extra flexibility.

**DAILY SMARTPOINTS®**
This is personalized based on your age, height, weight, and sex.

**DAILY MEALS**
Pre-track meals, or just reflect on what you’ve eaten that day.

**PROFILE**
Add your why, track your weight, see your progress, build your community—it’s all here.

**BARCODE SCANNER**
Scan the barcode on any nutrition label and the app will track it.

**DAILY USED**
This helps you keep track of your Budget and plan ahead.

**ROLLOVERS**
You can save these up for a special meal or event!

---

### Top tracked
Here are the 100 most tracked foods with SmartPoints® value. Use this as a reference, or just see what other members love!

<table>
<thead>
<tr>
<th>Item Description</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
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<tr>
<td>SmartPoints values</td>
<td>---</td>
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<tr>
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<tr>
<td>Chicken salad, homemade or restaurant style, ¼ cup</td>
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<td>Coffee, brewed, with 2 Tbsp regular creamer, 8 fl oz</td>
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<td>Coleslaw, homemade, ¼ cup</td>
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<td>Crackers, graham, 2 squares</td>
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<td>Cream, 2 Tbsp</td>
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<tr>
<td>Sour, reduced-fat</td>
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<tr>
<td>Sour, regular</td>
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<td>Whipped, aerosol</td>
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<td>English Muffin, 1</td>
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<td>Fish</td>
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<td>Flour tortilla, 1 medium</td>
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<td>Guacamole, homemade or restaurant, 2 Tbsp</td>
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<td>Half and half</td>
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<td>Regular, 2 Tbsp</td>
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<td>Ham, cooked, lean, 3 oz</td>
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<td>Item</td>
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<td>Honey, 1 tsp</td>
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<td>Hummus, 2 Tbsp</td>
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<td>Ketchup, 1 Tbsp</td>
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<td>Mayonnaise</td>
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<tr>
<td>Regular, 1 Tbsp</td>
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<td>1%, low-fat or light</td>
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<td>2%, reduced-fat</td>
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<td>Fat-free</td>
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<td>Whole</td>
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<td>Oats, old-fashioned, uncooked, ½ cup</td>
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<td>Oil, 1 tsp</td>
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<td>Vegetable</td>
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<td>Olives, 6 large</td>
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<td>Orange juice, 8 fl oz</td>
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<td>Pancake, any type, from mix (4-inch), 1</td>
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<td>Peanut butter, smooth, with salt, 2 Tbsp</td>
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<tr>
<td>Peanuts, ¼ cup</td>
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<td>Pizza, ¼ of 14-inch pie, restaurant type, thin crust</td>
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<td>Cheese</td>
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<td>One-meat topping</td>
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<td>Popcorn, Air-popped at home, 2 cups</td>
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<td>Movie, without butter, 3 cups</td>
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<td>Plain, oil popped, 2 cups</td>
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<td>Pork chop, cooked, lean without bone, 3 oz</td>
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<td>Potato chips, regular, 1 oz</td>
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<tr>
<td>Potatoes</td>
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<td>Baked, plain, 1 medium</td>
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<td>White or red, cooked, ¼ cup</td>
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<td>Pretzels, 1 oz</td>
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<td>Quinoa, cooked, 1 cup</td>
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<td>Rice cakes, plain, 1</td>
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<td>Rice, cooked, 1 cup</td>
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<td>Brown, long-grain</td>
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<td>White, long-grain</td>
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<td>Saltine crackers, 5</td>
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<td>Soup, chicken noodle, 1 cup</td>
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<td>Spaghetti, cooked, 1 cup</td>
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<tr>
<td>Sugar, 1 tsp</td>
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<td>Brown</td>
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<td>White, granulated</td>
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<tr>
<td>Tuna</td>
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<td>Canned, chunk in water, 3 oz</td>
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<td>Salad, ¼ cup</td>
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<tr>
<td>Turkey, deli-sliced, 2 oz</td>
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<tr>
<td>Vodka, ½ fl oz</td>
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<td>Walnuts, ¼ cup</td>
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<td>Wine, 5 fl oz</td>
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<td>Yogurt, plain, unsweetened, nonfat, Greek, 1 cup</td>
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<td>Yogurt, plain, unsweetened, nonfat, 1 cup</td>
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</table>
Stock your pantry

This is a great list of recipe staples. Check off the items you want; skip what you don’t need.

**PRODUCE**
- Fresh fruit
- Fresh vegetables
- Fresh herbs
- Leafy greens, coleslaw mix, or shredded carrots for salads
- Pre-cut fresh vegetables for soup, stir-fries, and kabobs
- Corn
- Peas (green, sugar snap, snow, etc.)
- Silken or firm, regular or low-fat tofu
- **LEAFY GREENS, COLESLAW MIX, OR SHREDDED CARROTS FOR SALADS**
- **PRE-CUT FRESH VEGETABLES FOR SOUP, STIR-FRIES, AND KABOBS**
- **CORN**
- **PEAS (GREEN, SUGAR SNAP, SNOW, ETC.)**
- **SILKEN OR FIRM, REGULAR OR LOW-FAT TOFU**

**MEAT + POULTRY + FISH**
- Skinless chicken or turkey breast, chicken thighs
- 98% fat-free ground turkey or chicken
- Lean pork chop or pork loin
- Lean, trimmed flank steak, beef tenderloin, or strip sirloin
- Fish
- Shellfish
- **SKINLESS CHICKEN OR TURKEY BREAST, CHICKEN THIGHS**
- **LEAN PORK CHOP OR PORK LOIN**
- **LEAN, TRIMMED FLANK STEAK, BEEF TENDERLOIN, OR STRIP SIRLOIN**
- **FISH**
- **SHELLFISH**

**DAIRY + EGGS**
- Eggs, whole or egg substitute
- Fat-free or low-fat milk
- Regular soy milk (plain)
- Almond milk
- Nonfat plain yogurt
- Reduced-fat or regular cheese
- Low-fat or string cheese
- Crumbled feta or Parmesan cheese
- Reduced-fat cream cheese
- Nonfat cottage cheese
- Part-skim ricotta cheese
- **EGGS, WHOLE OR EGG SUBSTITUTE**
- **FAT-FREE OR LOW-FAT MILK**
- **REGULAR SOY MILK (PLAIN)**
- **ALMOND MILK**
- **NONFAT PLAIN YOGURT**
- **REDUCED-FAT OR REGULAR CHEESE**
- **LOW-FAT OR STRING CHEESE**
- **CRUMBLED FETA OR PARMESAN CHEESE**
- **REDUCED-FAT CREAM CHEESE**
- **NONFAT COTTAGE CHEESE**
- **PART-SKIMRICOTTA CHEESE**

**DELI**
- Roasted whole chicken
- Lean deli meats
- Hummus
- **ROASTED WHOLE CHICKEN**
- **LEAN DELI MEATS**
- **HUMMUS**

**GRAINS + PASTA**
- Whole-grain or regular pasta
- Brown rice or white rice
- Bulgur, quinoa, or barley
- **WHOLE-GRAIN OR REGULAR PASTA**
- **BROWN RICE OR WHITE RICE**
- **BULGUR, QUINOA, OR BARLEY**

**CANNED FOODS + STAPLES**
- Tomato sauce or jarred marinara sauce
- Diced tomatoes
- Fat-free salsa
- Black beans or chickpeas
- Vegetables (without added salt, sugar, or oil)
- Unsweetened fruit (in water)
- Vegetable burgers (with 2 g of fat or less)
- **TOMATO SAUCE OR JARRED MARINARA SAUCE**
- **Diced TOMATOES**
- **Fat-free salsa**
- **Black beans or chickpeas**
- **VEGETABLES (W/OUT ADDED SALT, SUGAR, OR OIL)**
- **UNSWEETENED FRUIT (IN WATER)**
- **VEGETABLE BURGERS (W/ 2 G OF FAT OR LESS)**

**SNACKS**
- Air-popped popcorn
- Popcorn kernels for at-home popping
- Baked potato or tortilla chips
- Almonds
- Pistachio nuts
- **AIR-POPPED POPCORN**
- **Popcorn Kernels for at-home popping**
- **BAKED POTATO OR TORTILLA CHIPS**
- **ALMONDS**
- **PISTACHIO NUTS**

**BREAD + CEREAL**
- Reduced-calorie bread
- Thin sandwich bread or English muffins
- Whole-wheat or corn tortillas
- Plain oatmeal
- Unsweetened shredded wheat or whole-grain cereal
- Pizza dough
- **REDUCED-CALORIE BREAD**
- **THIN SANDWICH BREAD OR ENGLISH MUFFINS**
- **WHOLE-WHEAT OR CORN TORTILLAS**
- **PLAIN OATMEAL**
- **UNSWEETENED SHREDDED WHEAT OR WHOLE-GRAIN CEREAL**
- **PIZZA DOUGH**

**SEASONINGS + CONDIMENTS**
- Cooking spray, oil, and vinegar
- Salt and pepper
- Dried herbs and spices, seasoning mixes, dry rubs
- Hot sauce
- Mustard
- Ketchup
- Reduced-sodium soy sauce
- Steak sauce
- Teriyaki sauce
- **COOKING SPRAY, OIL, AND VINEGAR**
- **SALT AND PEPPER**
- **DRIED HERBS AND SPICES, SEASONING MIXES, DRY RUBS**
- **HOT SAUCE**
- **MUSTARD**
- **KETCHUP**
- **REDUCED-SODIUM SOY SAUCE**
- **STEAK SAUCE**
- **TERIYAKI SAUCE**

**FROZEN**
- Edamame
- Vegetables (without added sauce and salt)
- Unsweetened fruit
- Veggie burgers (with 2 g of fat or less)
- Vegetarian ground “meat”
- **EDAMAME**
- **VEGETABLES (W/OUT ADDED SAUCE AND SALT)**
- **UNSWEETENED FRUIT**
- **VEGGIE BURGERS (W/ 2 G OF FAT OR LESS)**
- **VEGETARIAN GROUND “MEAT”**

**FLAVOR BOOSTERS**

**These ingredients are a surefire way to add flavor while keeping SmartPoints® low. All have a SmartPoints value of 1!**

- Dried cranberries
- Maple syrup
- Shredded Parmesan cheese
- Blue cheese
- Olives
- Pistachios
- Powdered sugar
- Almonds
- Candied ginger

- **DRIED CRANBERRIES**
- **MAPLE SYRUP**
- **SHREDDED PARMESAN CHEESE**
- **BLUE CHEESE**
- **OLIVES**
- **PISTACHIOS**
- **POWDERED SUGAR**
- **ALMONDS**
- **CANDIED GINGER**

- You don’t need much. A little powdered sugar goes a long way.
Portion estimator
Pulling out measuring cups at a party? Not happening.
Use this guide to help you estimate portions, using just your hand.*

Fist 1 cup
Fingertip 1 tsp
Palm 3 oz meat

Cupped hand 1-2 oz meat
Thumb 1 oz meat or cheese
Thumb tip 1 Tbsp

*Of course, not all hands are the same size, so it wouldn’t hurt to measure your own hand against some measuring spoons or cups, just so you know what you’re working with.

Your top questions
What do members want to know most? Glad you asked.

Can I switch colors?
Absolutely! But we recommend giving it 2 weeks before you make a change. Why? It can take a while to get used to a whole new way of eating. Our research shows that 2 weeks is a good amount of time to adjust.

If you decide that switching is what’s best for you, you can do it right in Settings.

Is one color “better” than another?
Nope. Each one is based on our proven SmartPoints® system and all are designed to give you similar weight loss. Ultimately, the color that’s “best” is the one that gives you the most flexibility, because that’s the one that will be the most livable for you.

Can I eat as many ZeroPoint™ foods as I want?
ZeroPoint foods don’t need to be measured or tracked, but that doesn’t mean they’re all-you-can-eat. Sure, you could boil a dozen eggs and eat them in front of the TV, but you probably won’t feel so good. Eating any food, even ZeroPoint foods, to extremes could make you gain weight. Like everything, it’s about balance and becoming mindful of what you’re eating.

Can I swap FitPoints® for SmartPoints?
We believe in moving more because it gives you energy, helps you feel comfortable in your own skin, and is vital in helping you keep off the weight you lose. Plus it just feels good. That’s why you earn FitPoints for the movement you do. “Swapping” is when you swap the FitPoints you earn for more SmartPoints.

To start, this feature is turned off in Settings. But if swapping works for you, feel free to turn it on.

WHY ARE PORTIONS IMPORTANT?
It’s not to tell you how much to eat. Your hunger and SmartPoints Budget decide that. But being aware of how much you’re eating is key because it helps you track accurately.

Menu decoder
These words are hints that a dish might be high in SmartPoints.

au gratin battered bisque creamy
dipped double-baked hollandaise just like mom’span-fried tempura crispy

Instead look for:
grilled broiled steamed poached au jus (cooked in its own juices)
What’s your why?

Sure, you want to lose weight and get healthier—but let’s get more specific. Why do you want to do those things? Whatever moved you to join WW—whether it’s to shed pounds or improve your overall wellness—your why is what anchors you and keeps you going when things get tough.

Here’s how to make it work for you.

Go with your gut
Ask yourself, “Why do I want to lose weight?” Don’t stress over it; go with the first thing that comes to mind. (For example: “I’m tired of feeling out of breath and slow.”)

Make it yours
Ask yourself again: Why do I want to lose weight? (“I want to have more stamina so I can do more things with my friends.”)

Psst... The more specific and personal your why is, the more focused you’ll be on the benefits weight loss and getting healthier brings. It’ll also make your why more effective.

Make it stick
Write it down and put it someplace you’ll see it often. Or make it your phone background so you’ll always have it with you.

Dig deeper
How would your life be different if you lost weight? (“I could walk farther and say yes to doing fun, active things.”)

Make it yours
Ask yourself again: Why do I want to lose weight? (“I want to have more stamina so I can do more things with my friends.”)

Psst... The more specific and personal your why is, the more focused you’ll be on the benefits weight loss and getting healthier brings. It’ll also make your why more effective.

Make it stick
Write it down and put it someplace you’ll see it often. Or make it your phone background so you’ll always have it with you.

DID YOU KNOW?
Most people’s why will change over the course of their journey. So if yours doesn’t feel absolutely perfect, that’s fine—what matters is that it works for you today.

“I want to be a more active dad—a dad who can keep up on the playground.”
ED D., MEMBER

“My original why was to be able to look at a photo of myself and not cringe. Now, it’s to live a healthy life.”
CHRISTINA T., MEMBER

“I want to feel confident and love every photo that I take.”
GINGER R., MEMBER
Stay connected

Here’s where you can find us between Workshops. We’re constantly serving up great tips, recipes, mantras, videos—basically, anything we think will help you succeed.

Check these out

#myWW #newbies #wwbros #backontrack #nsv #wwmemberssupport #wwofficial #recipes

Connect

Your private, members-only community in the WW app.

Disclaimers and citations

SmartPoints® values based on available nutritional information (or estimated when required).
1. Six-month pre-post study conducted by the University of North Carolina funded by WW. Weight data reported by trial participants after 6 months on WW Freestyle™.
2. Neff KD & Dahm KA. Self-compassion: what it is, what is does, and how it relates to mindfulness (pp.121-140) in M. Robinson, B. Meier & B. Ostrafin (Eds.) Mindfulness and Self-Regulation. New York: Springer 2014.