

STARTER
GUIDE



my **W**+

STARTER GUIDE



+ A tool kit to help launch your weight-loss and wellness journey



STARTER
GUIDE

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**This is the
start of
something
great!**

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Get the full picture
of your **weight loss**
and wellness

In theory, losing weight is really simple. All you have to do is eat less and move more, right? But, as we all know, in practice it's not that easy.

To get the weight-loss results you want, you need to see how *all* aspects of your life – the quality of the sleep you're getting, the amount of water you're drinking, how much stress you're under (and how you're managing it) – affect the choices you make, including what you eat.

Our **myWW+** programme takes a look at your overall lifestyle and goals and builds a **complete wellness plan** – featuring our award-winning weight-management system. When you've got a plan in place, everything, including losing weight, is easier.

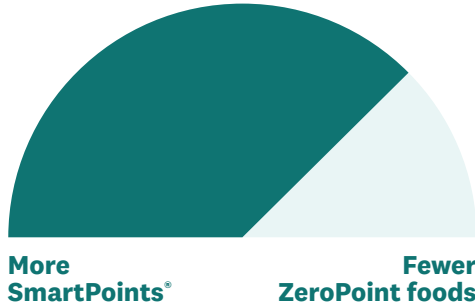
Welcome. Let's do this!



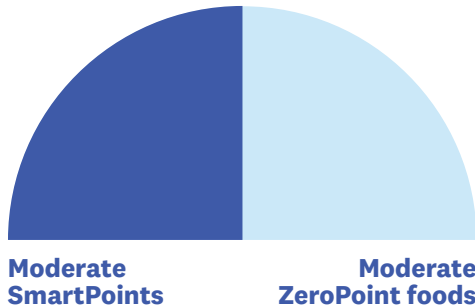
One programme – three ways to eat on it

The *myWW+* programme matches you with the food plan that's right for you, where no food is off limits. Plus you'll get a list of 100+, 200+, or 300+ **ZeroPoint™ foods** that you don't need to worry about weighing or counting.

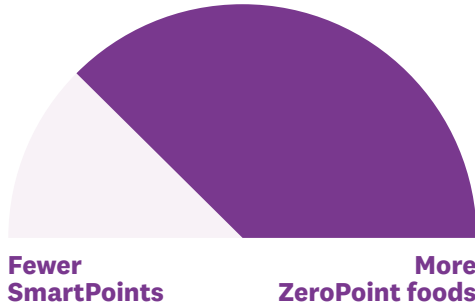
Green



Blue



Purple

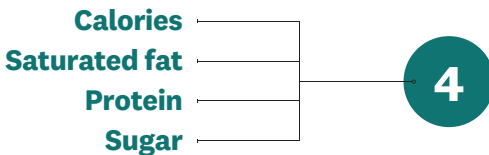


SmartPoints® make healthy eating simple

SmartPoints values are numbers we assign to foods to help make deciding what to eat simpler.

There are four components that make up a SmartPoints value.

Calories give us the baseline – **saturated fat** and **sugar** drive the SmartPoints value up, while **protein** drives it down.



**High SmartPoints doesn't mean a food is "bad."
(Because no food is bad!)**

It just means that we want to be aware of how much of it we eat.

You have a personalised **SmartPoints Budget** and you get to decide how you want to spend it.

Each **day** you get a fresh set of daily SmartPoints. And, each **week**, you have weeklies: extra SmartPoints you can spend when you want them. As long as you stay within your Budget, you'll be on the right track!

Find out more about the science of SmartPoints in the WW app.

What would you choose?

All these foods have 4 SmartPoints.



125ml medium white wine



2 squares milk chocolate



1 beef burger



42g tortilla wrap



100g white rice, cooked



20g smooth peanut butter

ZeroPoint™ foods add flexibility

Here's what's really exciting about **ZeroPoint foods** – you'll never go hungry. If you run out of SmartPoints at the end of a day, you know that you can make something delicious out of the things on your ZeroPoint list.

Green



Courgetti
primavera



Blue



Spiced chicken, lentil
& squash salad



Purple



Roast salmon with
potatoes & asparagus




ZeroPoint foods aren't zero calories...

but they **are** foods that we want to guide you towards more often. We feel comfortable putting that ZeroPoint category on them because they're foods that form the foundation of healthy eating and they're less likely to be overeaten.

Rollovers help you plan

For even more flexibility, we also have what are called “rollovers.” We know that no two days are the same, so on a day that you don't use all your dailies, up to four of those SmartPoints will roll over into your weeklies. You don't have to do anything – the app will keep track of it for you!



**Ginger chicken,
fennel & apple
salad**

4 3 3

This fresh-tasting salad is packed with flavour and crunch – and looks amazing!

Build a great salad

Make meals by mixing and matching **ZeroPoint™ foods** with foods that have SmartPoints®. Here are a couple of throw-this-and-that together ideas to get you started.

Fat-free salad dressing
per 2 tbsp

1 1 1



Medium fat soft goat's cheese
per 40g serving

4 4 4

Flaked almonds
per 25g serving

5 5 5



Sliced apple
per serving

0 0 0

Chicken breast with skin
per 120g serving

2 2 2



Mixed salad
per serving

0 0 0

Kale
per serving

0 0 0




Beef & portobello burgers

8

8

8



Adding mushrooms to the beef mixture adds flavour and moisture. Super-tender, juicy burgers without extra SmartPoints!

Build a great burger



English muffin
per muffin

5 5 5

Avocado
¼ medium avocado

3 3 3



Bacon, fat trimmed
per rasher

1 1 1

Lettuce & tomato
per serving

0 0 0



Cheese slice
per 20g slice

2 2 2

Turkey burger
per 90g burger

3 3 3



Reduced-fat mayonnaise
per 1 tbsp

1 1 1



How to make savvy swaps

Figuring out clever ways to stretch your SmartPoints® Budget is always fun. Here are a few of our faves.

For a pizza base

Swap the bread base for our two-ingredient dough.



Two-ingredient dough
pepperoni pizzas

10 9 9



For noodles

Swap noodles for spiralised veggies like butternut squash.



**Veggie pad Thai
with a satay dressing**

7 7 7

For crisps

Swap potato crisps for this lentil-based snack.



**Red lentil
crisps**

3 0 0

For mac and cheese

Swap double cream and some cheese for butternut squash.



**Butternut squash
mac n 'cheese'**

10 10 10

For crackers

Swap crackers for courgette rounds.



**White bean
courgette bites**

1 0 0

**Broccoli,
prawn &
chilli pizza**

10 10 10



Pick right-for-you portion sizes

Portions are personal. The portion size that's right for you depends on what you're eating, how much you want to eat, and what fits into your SmartPoints® Budget.



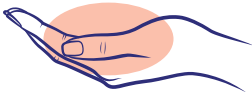
Fist
250ml



Fingertip
1 tsp



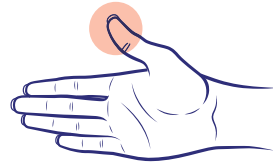
Palm
120g meat



Cupped Hand
30-60g meat



Thumb
30g meat or cheese



Thumb tip
1 tbsp

insider tip

The best way to learn is to do some measuring with scales and spoons. Over time, you'll train your brain to serve up the right amount automatically. But when you're out and about, this guide can make it easier to guesstimate.

Tasty single-serving meals

These meals are great because they're already preportioned.

Cottage pie

8 6 3



These cottage pies include extra veg for a delicious family meal.





**Smoked chicken
& mango salad jar**

2 2 2



**Coddled
eggs**

6 3 3



Turkey club skewers

4 2 2



Apple & ginger mini pies

6 6 6

What to eat when you're out of SmartPoints®

If you find yourself totally out of SmartPoints values with a hankering for a little something else, that's where your **ZeroPoint™ foods** can come in!

**Strawberry
nice cream**



Puréed frozen bananas form the base of "nice cream." Swap in your favourite frozen fruit for the strawberries.



'Creamy' mushroom soup



Barbecued fruit skewers



Savoury stuffed mushrooms



Quick cauliflower fried rice



A week in the life of Zoe Griffiths BSc, RD

With over a decade of being WW's nutrition guru, she's got some great tips up her sleeve. Zoe loves that WW merges nutrition and behaviour change science to create a programme that's not just about the 'what' but importantly the 'how' - and it works! She's also your nutrition guide for your first four weeks - find her in the WW app.

Our handy Meal Planner Pad will help you plan your meals and snacks for the week. Includes a tear-off shopping list section to take to the supermarket. Available online at www.com/Shop

breakfast	lunch
Mon Fat-free yogurt, banana and a sprinkle of cinnamon SmartPoints® value: 0	Light feta, beetroot, new potatoes and a host of different salad things with a drizzle of hot sriracha sauce 6
Tue As above 0	Leftovers from last night's fajitas mix on top of salad 2
Wed Overnight oats, with berries and handful of mixed seeds 5	Yesterday's bean stew warmed up with a slice of sourdough bread for dipping 4
Thu As above 5	LUNCH ON THE GO Wholemeal wrap, sliced chicken breast, spinach, low fat hummus 7 Cherry tomatoes & grapes on the side
Fri Fat free yogurt, blueberries and a sprinkle of cinnamon and pumpkin seeds 2	LUNCH ON THE GO AGAIN I love my tupperware! - Leftovers from last night - WW lemony salmon and new potatoes 4
Sat Cooked brekkie time Bacon medallions, big roasted tomatoes, poached eggs and a bagel thin, topped off with brown sauce 6	Homemade mackerel pâté (super easy to do), with melba toasts and lots of chopped raw veggies 5
Sun 2 ingredient pancakes, fat free yogurt and berries 0	A LATE ROAST LUNCH/DINNER AFTER A LONG WALK Slow cooked beef, loads of veggies (red cabbage, French beans and swede), a few roasties and



insider tip

I pre-track the milk I'll have in my cups of tea every morning, it's around ¼ pint a day (2 SP). I love a nice cuppa and I don't have to think about tracking when I go to the kettle (which is a lot).

dinner	snacks
Mon Chicken fajitas with peppers, salsa, avocado and 2 x wholemeal wraps (7)	Fruit Ww popcorn (2)
Tue Super simple one pot Ww chorizo and bean stew served with rice (9)	Fruit Carrot sticks and low fat hummus (4) Piece of low fat cheese and a Soreen snack bar (4)
Wed Spaghetti (1 mix wholemeal and white), tomato and chilli sauce, king prawns Meringue nest, fat free yogurt and a kiwi fruit (8) (3)	2 x hard boiled eggs sprinkled with pepper and a few chilli flakes with sliced peppers and cucumber (0) Fruit
Thu Ww lemony salmon and new potatoes (made a double batch for lunch tomorrow) (4)	Fruit Low fat hot chocolate and a couple of biscuits (6)
Fri PIZZA NIGHT - Ww chicken and pesto pizza with clever 2 ingredient dough (and the kids threw on all sorts of extra veggies) with a salad piled high next to it, drizzled with balsamic glaze (my fave) (12)	Fruit, Ww popcorn (2)
Sat CHEF'S NIGHT OFF! 😊 Order in! Have some wine! 🍷 USE SOME WEEKLIES! → (20)	Grated apple in fat-free yogurt (0)
Sun a Yorkshire pudding (and gravy of course) (13) Apple crumble and ice cream (yes I had room, more weeklies enjoyed) (12) Glass of red wine (6)	Fruit Handful of almonds (4)

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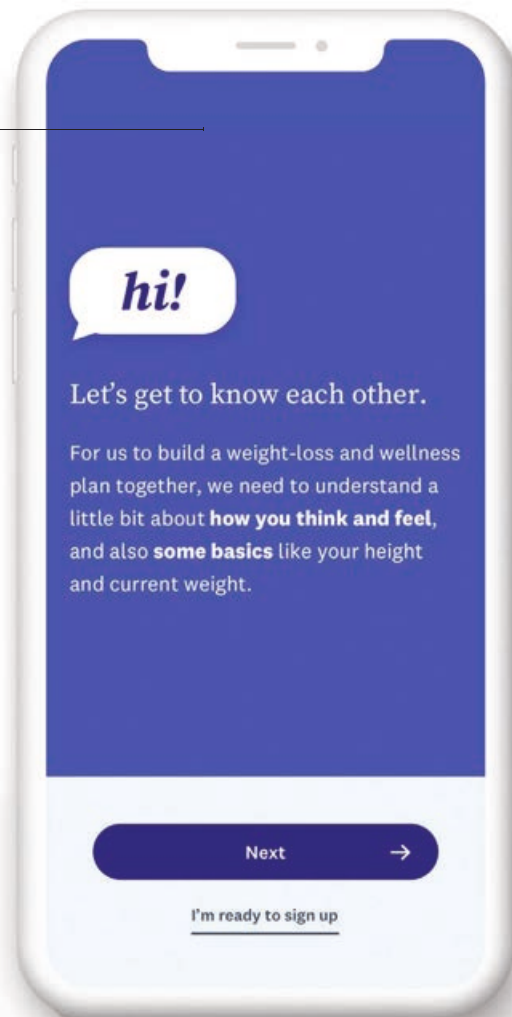
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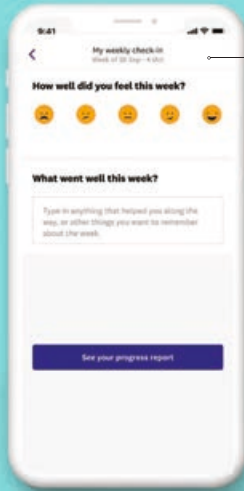
Get a weekly action plan

We'll help you build a plan for the week ahead with updated app features to make your journey more personalised than ever before!

Step 1 Personal assessment

We'll start by understanding a little bit more about how you think and feel, what you eat, your activity level, and your sleep.



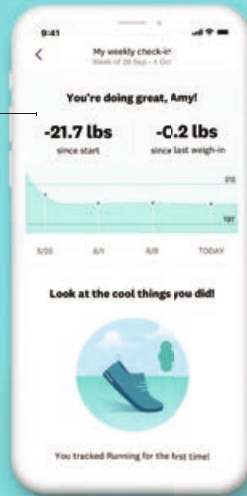


Step 2 Weekly check-in

Measuring your progress on the scales doesn't always tell the whole story of your week. We'll also check in on how you felt and what worked, and help you focus on the week ahead.

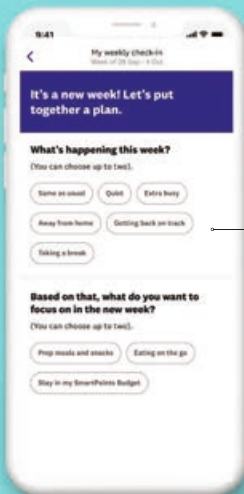
Step 3 Progress report

We'll analyse each component of your wellness and give you a comprehensive overview of your progress each week.



Step 4 Action plan

If you want, we'll help you choose a goal for the upcoming week so you can stay on track.



Looking ahead to your next four weeks

We're really committed to your success, so over the next four weeks you're going to hear from us a lot, especially by email and in the app*. Here's a road map of what's ahead.



Week 1

Food

➔ ***If you do only one thing this week...*** Aim to track at least one meal each day.

Why?

Tracking what you eat is about more than tallying up SmartPoints®. It also helps you build awareness of your patterns. And research shows that tracking food is one of the best predictors of weight loss!

insider tip

Make time for your Workshop! Led by expert WW Coaches, you'll learn science-backed Weekly Techniques and have the opportunity to discuss your week with friendly faces from the WW community. You can join whichever Virtual Workshop you like, and go to as many as you fancy throughout the week.

Find out more at [WW.com/uk/find-a-workshop](https://www.ww.com/uk/find-a-workshop)

*App included with subscription plans only.



Week 2

Food & mindset

➔ ***If you do only one thing this week...***

Listen to a 5-minute Coaching session in the WW app.

Why?

People have a tendency to think more about what's not going well than what is. But research tells us that paying attention to what is working helps us build momentum.



Week 3

Food & activity

➔ ***If you do only one thing this week...***

Set up your environment to help you be more active. Try putting your alarm clock on the other side of your room (next to your trainers) to help you get up and moving.

Why?

Want to manage stress and sleep better? Regular activity (any kind!) definitely helps. It's also the single best predictor of who keeps weight off and who doesn't.



Week 4

Food & sleep

➔ ***If you do only one thing this week...***

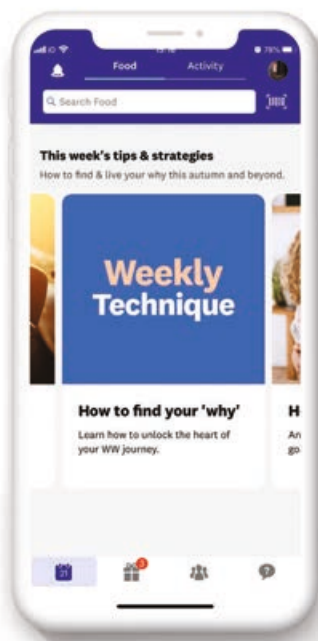
Check out the sleep tracker in the app. It'll help you find solutions to whatever is getting in the way of a good night's rest.

Why?

How well you sleep directly impacts your choices – including what you eat.

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

#myWWplus #newbie #backontrack #wwfamily #wwfood
#mywwjourney #wwuk #mealprep



Connect

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



WW.UK



@ww.uk



@ww_uk



WW_UK



WW UK

Green ZeroPoint™ foods

FRUITS

Apples	Dragon fruit	Kiwi	Persimmons
Apricots, fresh	Figs, fresh	Kumquats	Pineapples
Bananas	Frozen mixed berries, unsweetened	Lemons	Plums
Blackberries	Fruit cocktail, unsweetened	Limes	Pomegranates
Blueberries	Grapes	Mangoes	Pomelo
Cantaloupe	Grapefruit	Nectarines	Raspberries
Cherries	Guava	Oranges	Star fruit
Clementines	Honeydew	Papayas	Strawberries
Cranberries, fresh		Peaches	Tangerines
		Pears	Watermelon

VEGETABLES

Acorn squash	Frozen stir-fry vegetables, no sauce	Artichoke hearts, no oil	Garlic
Artichokes	Ginger	Asparagus	Green beans
Aubergine	Hearts of palm	Baby corn	Kale
Bamboo shoots	Kohlrabi	Basil	Leeks
Beansprouts	Lettuce, all types	Beetroot	Mint
Broccoli	Mixed greens	Brussels sprouts	Mushrooms
Butternut squash	Nori (seaweed)	Cabbage, all types	Okra
Carrrots	Onions	Cauliflower	Onions
Cauliflower rice	Oregano	Celery	Pak choi
Chives	Parsley	Chives	Pea shoots
Coriander	Peppers	Courgette	Pickles, unsweetened
Cucumber	Rosemary	Endive	Pumpkin
Fennel	Shallots	Fennel	Radishes
	Spaghetti squash		Rocket
	Spinach		Tomatoes
	Spring onions		Turnips
	Swiss chard		Water chestnuts
	Tarragon		
	Thyme		



The meals shown here and on all ZeroPoint foods lists can be viewed in the WW app.



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Blue ZeroPoint™ foods

VEGETABLES	Garlic	Shallots	Halibut	Smoked sturgeon	Frozen mixed berries, unsweetened	FAT-FREE YOGURT & SOYA
Acorn squash	Ginger	Spaghettini squash	Herring	Smoked trout	berries, unsweetened	Greek yogurt, plain, fat-free
Artichoke hearts, no oil	Green beans	Spinach	Lobster	Smoked whitefish	Fruit cocktail, unsweetened	plain yogurt, fat-free
Artichokes	Hearts of palm	Spring onions	Mahi-mahi	Snails	Grapefruit	Quark, plain, fat-free
Asparagus	Kale	Sweetcorn	Monkfish	Snapper	Grapes	Soya yogurt, plain
Aubergine	Kohlrabi	Swiss chard	Mussels	Sole	Guava	QUORN, TOFU & TEMPEH
Baby corn	Leeks	Tarragon	Octopus	Squid	Honeydew	Quorn, plain, all types
Bamboo shoots	Lettuce, all types	Thyme	Orange roughly	Sturgeon	Kiwi	Tempeh, plain, all types
Basil	Mint	Tomatoes	Oysters	Swordfish	Kumquats	Tofu, plain, all types
Beansprouts	Mixed greens	Turnips	Perch	Tilapia	Lemons	
Beetroot	Mushrooms	Water chestnuts	Pike	Trout	Limes	
Broccoli	Nori (seaweed)	BEANS & LEGUMES	Pollock	Tuna	Mangoes	
Brussels sprouts	Okra	Azuki beans	Pompano	Turbot	Nectarines	
Butternut squash	Onions	Alfalfa sprouts	Prawns	Whitefish	Oranges	
Cabbage, all types	Oregano	Black beans	Salmon	FRUITS	Papayas	
Carrots	Pak choi	Black-eyed peas	Sardines, canned in water or brine	Apples	Peaches	
Cauliflower	Parsley	Cannellini beans	Sashimi	Apricots, fresh	Pears	
Cauliflower rice	Parsnips	Chickpeas	Scallops	Bananas	Persimmons	
Celery	Peas	Crabmeat, lump	Sea bass	Blackberries	Pineapples	
Chives	Pea shoots	Crayfish	Sea cucumber	Blueberries	Plums	
Coriander	Peppers	Cuttlefish	Sea urchin	Cantaloupe	Pomegranates	
Corn on the cob	Pickles, unsweetened	Eel	Shrimp	Cherries	Pomelo	
Courgettes	Pumpkin	Fish roe	Smoked haddock	Clementines	Raspberries	
Cucumber	Radishes	Flounder	Smoked mackerel	Cranberries, fresh	Star fruit	
Endive	Rocket	Groupers	Smoked salmon	Dragon fruit	Strawberries	
Fennel	Rosemary	Haddock		Figs, fresh	Tangerines	
				Watermelon		

Fold here

Purple ZeroPoint™ foods

FRUITS

- Grapefruit
- Apples
- Apricots, fresh
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Cranberries, fresh
- Dragon fruit
- Figs, fresh
- Frozen mixed berries, unsweetened
- Fruit cocktail, unsweetened
- Pineapples
- Plums
- Pomegranates
- Pomelo
- Raspberries
- Star fruit
- Strawberries
- Tangerines
- Watermelon
- Mangoes
- Meyer lemons
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Persimmons

- Brussels sprouts
- Butternut squash
- Cabbage, all types
- Carrots
- Cassava
- Cauliflower
- Cauliflower rice
- Celery
- Chives
- Coriander
- Corn on the cob
- Courgettes
- Cucumber
- Endive
- Fennel
- Frozen stir-fry vegetables, no sauce
- Garlic
- Ginger
- Green beans
- Hearts of palm
- Kale
- Kohlrabi
- Leeks
- Lettuce, all types
- Mixed greens
- Mushrooms
- New potatoes

QUORN, TOFU & TEMPEH

- Quorn, plain, all types
- Tempeh, plain, all types
- Tofu, plain, all types

VEGETABLES

- Acorn squash
- Artichoke hearts, no oil
- Artichokes
- Asparagus
- Baby corn
- Baby potatoes
- Bamboo shoots
- Basil
- Beansprouts
- Beetroot
- Broccoli
- Artichokes
- Pea shoots
- Peppers
- Pickles, unsweetened
- Potatoes
- Pumpkin
- Radishes
- Rosemary
- Shallots

Fold here



CHICKEN & TURKEY BREAD

- Chicken breast mince
- Skinless chicken breast
- Skinless turkey breast
- Turkey breast mince

DAIRY & DAIRY ALTERNATIVES

- Cottage cheese, plain, fat-free
- Greek yogurt, plain, fat-free
- Plain yogurt, fat-free

BEANS & LEGUMES

- Azuki beans
- Alfalfa sprouts
- Black beans
- Black-eyed peas
- Cannellini beans
- Chickpeas
- Edamame
- Fava beans
- Kidney beans
- Lentils
- Lima beans
- Pinto beans
- Soya beans
- Spaghetti squash
- Spinach
- Spring onion
- Summer squash
- Sweet potatoes
- Sweetcorn
- Swiss chard
- Taro
- Tarragon
- Thyme
- Tomatoes
- Turnips
- Water chestnuts
- Yams
- Yucca
- Nori (seaweed)
- Okra
- Onions
- Oregano
- Pak choi
- Parsley
- Parsnips
- Peas
- Pea shoots
- Peppers
- Pickles, unsweetened
- Potatoes
- Pumpkin
- Radishes
- Rosemary
- Shallots



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FISH/SHELLFISH (CONTINUED)

Mussels
Octopus
Crabmeat, lump
Crayfish
Cuttlefish
Eel
Fish roe
Flounder
Grouper
Haddock
Halibut
Herring
Lobster
Mahi-mahi
Monkfish

Sea urchin
Smoked haddock
Smoked mackerel
Smoked salmon
Smoked sturgeon
Smoked trout
Snails
Snapper
Sole
Squid
Sturgeon
Swordfish
Tilapia
Trout
Tuna
Tuna, canned
in water or brine
Turbot

PASTA, RICE & GRAINS

Amaranth
Barley
Black bean pasta
Brown basmati
rice
Brown rice
Brown rice
noodles
Brown rice pasta
Brown rice-
quinoa blend

Buckwheat
Bulgur
Chickpea pasta
Corn pasta
Edamame pasta
Farro
Freekeh
Hominy
Kamut
Kasha
Lentil pasta
Millet
Oats
Pea pasta
Popcorn,
air-popped, plain,
made without oil
Popcorn kernels,
plain
Quinoa
Quinoa pasta
Red quinoa
Rolled oats
Rye
Shirataki noodles
Soba noodles,
100% buckwheat
Sorghum
Soybean pasta
Spelt
Teff

Thai brown rice
Tri-colour quinoa
Wheatberries
Wholegrain
pasta
Wholegrain
sorghum
Wholewheat
couscous
Wholewheat
pasta
Wild rice
Wild rice, brown



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See something tasty-looking that you want to make? All recipes can be found in the WW app and at [WW.com](https://www.ww.com).

ZeroPoint™ foods lists

Fusilli with turkey meatballs
Eggs with roasted potatoes & greens
Prawn & egg fried rice
Fresh fruit platter
Chicken fajita dinner
Butternut squash soup

Cover

Veggie pad Thai with a satay dressing
Two-ingredient dough pepperoni pizzas
Apple & ginger mini pies
Quick cauliflower fried rice

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WW.com
#myWWplus

TER GUIDE

Wellness that Works.™

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Printed in U.K.

SKU: 203622



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