

Your WeightWatchers guide to winter

Our experts share their top tips for success this winter

1 Embrace comfort foods

Batch cook soups and slow-cooker meals on the weekends to ensure you have delicious comfort food available throughout the week. Check out our selection of winter recipes [here](#).

2 Mix up your routine

If you're struggling to exercise or meal prep first thing in the morning when it's cold, try something different! Why not exercise in your lunch break or meal prep on the weekends instead?

3 Build a better sleep routine

Whilst getting enough sleep is beneficial all year round, it's even more so in winter! That's because it's linked to improving mood, boosting immunity and helping regulate hunger and appetite - all important things for winter wellness.

4 Focus on your Why

Motivation can dry up fast at this time of year, so set up a daily reminder to remember why you started this journey. Make it your phone wallpaper or add it as a weekly calendar reminder to keep your 'Why' front of mind.

5 Lean on seasonal ZeroPoint foods

Use winter fruits & veggies to build your meals. Roast a tray of carrots, pumpkin and parsnip, or snack on mandarins and oranges for a dose of vitamin C. [Here's the full list of ZeroPoint foods](#) for you to explore.

6 Enlist a buddy

Having an accountability buddy can work wonders for your motivation. Having someone to do activities with or just check in regularly is a easy way to help you stay on track during the colder months.

Weight
Watchers.

Winter Meal Plan

Weight
Watchers



MONDAY

Breakfast

Spiced berry porridge

5

Snack

Small skim milk cappuccino
and 2 x Carrot cake bliss balls

4

Lunch

2 x Dill salmon and cottage
cheese toast topper

6

Snack

2 x Anna's cheesy corn
muffins

3

Dinner

Sarah's easy pasta bake

4

Total Points Used

22



TUESDAY

Breakfast

Veggie lovers' omelette on a
35g slice of wholegrain bread

3

Snack

Fresh fruit with 99% fat-free
plain yoghurt and 1 tsp honey

2

Lunch

Sarah's easy pasta bake
leftovers

4

Snack

30g mixed nuts

5

Dinner

Slow-cooked beef stroganoff
with steamed greens

8

Total Points Used

22



WEDNESDAY

Breakfast

Spiced berry porridge

5

Snack

2 x thin plain rice cakes with
½ medium avocado and a
boiled egg

3

Lunch

Cheesy bean toastie

8

Snack

2 x Anna's cheesy corn
muffins

3

Dinner

Pumpkin soup with a 50g
wholegrain bread roll

3

Total Points Used

22



THURSDAY

Breakfast

Veggie lovers' omelette on a
35g slice of wholegrain bread

3

Snack

Small skim milk cappuccino
and sliced apple with 1 tbs
natural peanut butter

6

Lunch

Pumpkin soup leftover with
a 50g wholegrain bread roll

3

Snack

2 x thin plain rice cakes with
½ medium avocado and sliced
tomato

3

Dinner

One pan cauliflower and
salmon

6

Total Points Used

21



FRIDAY

Breakfast

Anna's 90 second mug muffin
breakfast with 99% fat-free
plain yoghurt and fresh fruit

3

Snack

2 x Carrot cake bliss balls

2

Lunch

Tomato, bacon and pesto
toastie

10

Snack

Veggie sticks with 2 tbs
hummus

2

Dinner

Butter style chicken curry
with ½ cup cooked basmati
rice

8

Total Points Used

25