



Member *support*

to help you reach
your goals

3 ways to connect



With 24/7 Expert Chat you have access to a live coach anytime. Just log into your account on weightwatchers.ca and initiate a chat with us!



Agents are waiting to take your call and help you any way that they can.
1-800-651-6000
Monday - Thursday 7AM - 8PM EST
Friday 7AM - 6PM EST
Saturday 7AM - 3PM EST
Sunday 9AM - 5PM EST



Looking for program support, help with motivation or an opportunity to problem-solve on your weight loss journey? Ask your Meeting Room staff to refer you for a Care Call from a Customer Care Agent.


Freestyle™

August 26-September 1, 2018



Freestyle™

Find Tilapia Tacos with
Chipotle Aioli on our WW app
and weightwatchers.ca.



make it quick!

Smart ways to speed up meal prep

quick prep tricks

We've all had days when we're so busy that meal prep falls right off the calendar.

And as summer comes to an end, our days might start to feel busier, since we're trying to pack more into each moment, leaving less time to cook or prepare food. Having recipes and ingredients on hand that come together quickly can mean you're less likely to reach for food you really don't want (looking at you, drive-thru), just because it's quick.

The same "be prepared" thinking goes for snacks. When you're strapped for time and internal hunger hits, and a bag of chips is all that's

around, chips are probably what you'll have. By stocking pre-prepped low SmartPoints® or zero Points® snacks—think cut-up fruit and veggies, cubes of low-fat cheese, and edamame—you max your options. (Because while chips are always on the menu, they tend to taste best when you've consciously planned for them.)

Choosing quick or no-cook recipes, grab-and-go snacks, and make-ahead meals from our recipe collections on the WW mobile app (see how to explore on pages 4-5) are tactics that leave you more time to savour the last weeks of summer—and help keep the kitchen cool during these hazy, hot, and humid days. It's a win-win!

..... How do you make **#QuickMeals**? Share your ideas (and get some inspiration from fellow members) on Connect on the mobile app (for subscribers).



tip from a leader

"With my family's busy summer, the WW app is my go-to for discovering make-ahead recipes like Summer Vegetable and Farro Salad (3 SmartPoints). And I always keep frozen shrimp on hand. It's versatile and defrosts quickly for impromptu social gatherings; tacos, salads, appetizers, and kebabs are favourites!" —LESLIE

inspiration

from members

MAKE-IT-QUICK TRICKS AND TIPS FROM THE CONNECT COMMUNITY

"Busy lives call for some timesavers! I found precooked hard-boiled eggs and bought a pack of two dozen." —AUDREYSMOM2009

"I keep a rotisserie chicken breast in my fridge for everything. It's already pulled off the chicken so I don't have to worry about messing with the bones!"

—RJNORMAN13

"I have low SmartPoints soups on hand for a quick meal on busy days when I don't have time to cook."

—KENOQUEEN60

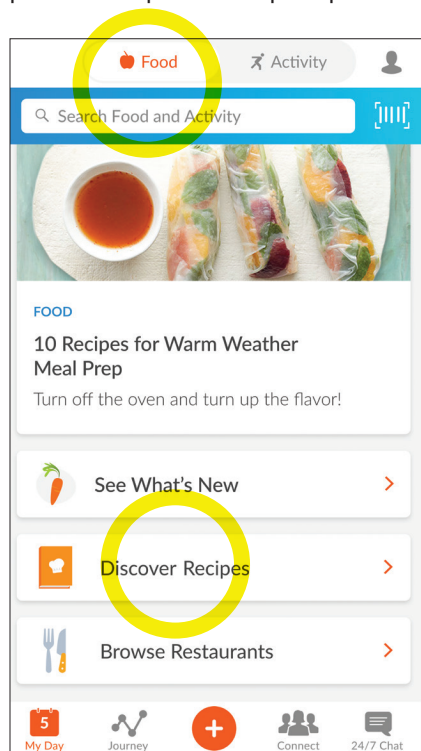
"My go-to **#fasteasycheapeats** formula: frozen veggies + meat substitute + can of beans. I sauté for a few minutes and I've got a delish meal." —KBAER18

"The mandoline slicer is a lifesaver. I bought it to prep vegetables—what usually takes ten minutes to prep took about two minutes!" —SUGARJONES247

what to do

plan a quick meal

Scroll through dozens of no-cook and quick breakfasts, lunches, dinners, and snacks in the Weight Watchers® app (for subscribers), choose one with the how-tos below, and use the “4 Ws” technique to plan for it. Tip: Double up recipes to have timesaving leftovers.



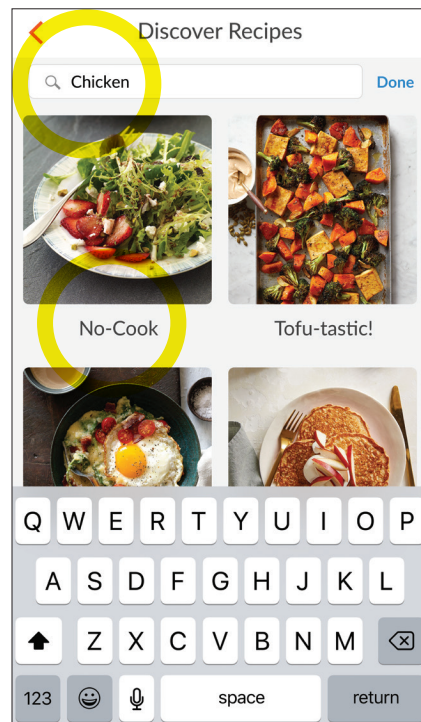
① Open the WW app to your My Day screen. Make sure the tab at the top is set to “food.”

② Scroll down and tap “Discover Recipes.”

③ Browse the recipe roundups. Scroll down to find “No-Cook,” “Quick & Easy,” “Prep Ahead,” etc.

④ Tap collection to see recipes OR enter ingredient(s) in search bar and tap Search to bring up recipes. (Not working? Make sure app is updated, then try again.)

(No app? Check recipes at [weightwatchers.ca](https://www.weightwatchers.ca).)



⑤ Tap “Sort By” to filter recipes by prep time. Tap on recipe name or image to get instructions and to track right from the recipe screen.

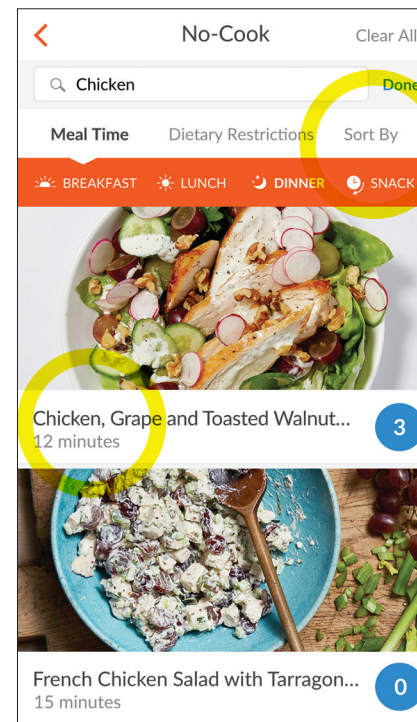
⑥ (Not shown) If you want to change, add, or delete an ingredient, tap “Customize” in the top right corner of the recipe screen.

Set a specific plan to try your recipe by asking yourself the following:

- ☐ What will I make?
- ☐ When will I try it?
- ☐ Where will I eat it?
- ☐ Who will eat it with me?

Remember, the more specific the better. For example, “I’ll make the Chicken, Grape and Toasted Walnut Salad on Tuesday night when I get home from work. I’ll make it by myself.”

FOLLOW UP Choose a low- to no-prep recipe that sounds good and make a specific plan to try it using the steps above.



MAKE MEAL PREP A HABIT

Try creating a regular slot in your week for meal prep, using the Cue-Behaviour-Reward habit loop from the August 5-11 WW Freestyle™ weekly. After you get home from the supermarket and put your groceries away (that’s your cue!), do your meal prep for the week ahead. Then, decide how you’ll reward yourself afterward—maybe 20 minutes to read a chapter in a book or listen to music?

→
This vegetarian meal can also serve as a side dish to roasted Greek chicken or pork.



4
SmartPoints
value

FAST + EASY from weightwatchers.ca

chickpea & zucchini sauté with mint & feta

4 SmartPoints® value per serving // PREP 15 min // COOK 8 min // SERVES 1

5 ml (1 tsp) extra-virgin olive oil
½ small zucchini, sliced or cut into thin strips
½ medium sweet red or yellow pepper, sliced
½ small onion, sliced
16 grape tomatoes, halved, or 4 quartered Campari tomatoes
125 ml (½ cup) canned chickpeas, rinsed and drained
4 large Kalamata olives, pitted and sliced

1 large garlic clove, minced
1 pinch table salt
1 pinch black pepper
30 ml (2 Tbsp) crumbled feta cheese
15 ml (1 Tbsp) chopped fresh mint leaves

HEAT oil in nonstick skillet over medium-high heat; sauté zucchini, sweet pepper, and onion until golden, about 6 minutes. ADD tomatoes, chickpeas, olives, and garlic; cook, stirring a few times, until tomatoes soften and release juices, about 2 minutes. Season with salt and black pepper; sprinkle with feta and mint.

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thoughts on my meeting...

Great stuff I heard... helpful tips... what I'll work on!



TRY SOMETHING NEW ON WW CRUISE!

Sail through the Caribbean on a brand-new ship, the MSC Seaside. Enjoy SmartPoints friendly food, meet new friends, and learn new tricks from WW experts. The WW Cruise sets sail Nov. 10-17. Book at wwcruise.com.



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TAKE THIS TO THE SUPERMARKET!

Plan your menus and go shopping with our two-in-one WW Freestyle™ Dining Out and Shopping guide. You'll find members' top tracked items in an easy-to-follow A to Z format, plus a huge range of zero Points foods and Weight Watchers favourites

Available in participating meeting locations.