



Make right-for-you choices

Everything is on the menu with WW Freestyle,[™] so how do you choose what to eat, especially during the holidays? Taking a mindful approach to food helps you plan ahead and ensure you're eating what you really want. Ask yourself three questions before you dig in:

Am I internally hungry?

Do I truly want to eat or am I responding to external cues? When the sight of people eating or the smell of cookies in the break room suddenly makes food seem

appealing, consider how you can change the situation: Leave the room, call a friend, or get some fresh air.

Is this the best option?

Sometimes hunger nudges us toward what's convenient. Is there something you'd like more that's also easy to grab?

Will I truly enjoy this? Is this particular food worth the SmartPoints[®] right now? (If the answer is yes, ask yourself again after the first bite. Still yes? Ask again a few bites later.)

WHAT TO DO

Check in with yourself

The next time you're deciding on a snack or meal, ask yourself the questions above. If you answer yes, savour every bite! If any answer is no, ask yourself what (if anything) you can do to make it a yes. The more you ask yourself these questions when deciding what to eat, the more likely you will get in the habit of doing so, which will help you make best-for-you decisions and truly enjoy your food.

Thoughts from my Workshop:



For more on making smart food decisions, check out the Weekly Topic in your app, or the "Plan Basics" section of My Day.

**Wellness
that Works.™**



Gingerbread meringue tarts

Prep 30 min | Bake 4 hrs |
Rest 2 hrs | Serves 8

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Meringue

4 large egg whites,
at room temperature
125 ml (½ cup) sugar
Pinch salt
2 ml (½ tsp) vanilla extract
2 ml (½ tsp) cinnamon
1 ml (¼ tsp) ground ginger
0.5 ml (⅛ tsp) allspice

Topping

375 ml (1½ cups) light
whipped topping
5 ml (1 tsp) vanilla extract
2 ml (½ tsp) cinnamon
1 ml (¼ tsp) ground ginger
0.5 ml (⅛ tsp) allspice
2 medium blood oranges,
peeled, segmented
Fresh mint leaves

PREHEAT oven to 107°C
(225°F). Line a large baking
sheet with parchment paper.

MAKE meringue: Hand stir
egg whites, sugar, and salt
together in a bowl over pot of
simmering water until sugar is
dissolved and mixture is hot,
2 minutes; remove from heat
(egg whites will be foamy).

BEAT egg white mixture with
electric mixer (use whisk

attachment) on high until cool
and stiff peaks form, 8–10
minutes; stir in vanilla and
meringue spices. Evenly divide
into 8 mounds, 8 cm (3¼ inch-
es) high, on prepared sheet.
Use back of a spoon to create
slight depressions in centre.

BAKE meringues 4 hours; turn
off oven and let rest in oven to
cool and dry, about 2 hours.
Stir together light topping, va-
nilla, and topping spices. (May
be made up to 1 day ahead.)

SPOON 45 ml (3 Tbsp) topping,
orange segments, and mint
leaves onto each meringue.
Serve.

SERVING SIZE: 1 tart

Vegetarian Gluten-free
 Nut-free

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