



*Bastian B.
WW member*

Eating out? Yes!

WW Freestyle™ is all about livability wherever you are, thanks to the flexibility of rollovers, weeklies, and ZeroPoint™ foods. And creating a dining-out plan can help you stay mindful and on track to your goals, while you enjoy every delicious bite. Here's how:

Before you go

• **Save up SmartPoints®.** Use your weeklies and rollovers (up to four unused dailies will roll over into your weeklies) for a meal out.

• **Check the restaurant database** in the WW app for SmartPoints of menu items at national and regional chains. Going to a small, local place that's not in the database? Search My Day for general restaurant fare such as pad Thai or chicken Caesar salad.

While you're there

• **Order first!** Then you're less likely to be swayed by others' decisions.
• **If portions are large,** split a meal with a friend.

• **Be present.** Eat slowly, savouring the flavours, and enjoy the company you're with.

WHAT TO DO

Make a dining-out plan

Choose one "before" and one "during" strategy from the ideas above (or come up with your own) for the next time you dine out.

Write each strategy below, including place and date. When your next dinner out is scheduled, review your plan, put it into action, and track your meal.

My dining-out plan

Before I go to _____ on _____, I will _____

While I'm there, I will _____



For more dining-out strategies, check out the Weekly Topic in your app, or the "Plan Basics" section of My Day.

**Wellness
that Works.™**

Flourless mini-chocolate cakes with ganache

Prep 35 min | Bake 10 min | Makes 32 mini-cakes

3   

450 ml (15 oz) black beans,
rinsed and drained
125 ml (½ cup) sugar
60 ml (¼ cup) unsweetened
cocoa powder
60 ml (¼ cup) unsalted
butter, melted
3 large eggs
2 ml (½ tsp) salt
2 ml (½ tsp) baking powder
2 ml (½ tsp) vanilla extract
125 ml (½ cup) semisweet
mini-chocolate chips
75 ml (5 Tbsp) bittersweet
chocolate chips
60 ml (¼ cup) water
Fresh berries for
garnish (optional)

Find recipe for Dark
chocolate-cherry
cheesecake at ww.com/ca






1. Preheat oven to 180°C
(350°F). Coat 32 mini-muffin
cups with nonstick spray.

2. Combine beans, sugar, co-
coa powder, butter, eggs, salt,
baking powder, and vanilla in
a food processor; puree until
smooth (stopping once to
scrape down the sides). Add
semisweet chocolate; pulse
until just combined. Spoon
15 ml (1 Tbsp) batter into each
muffin cup; bake 10 minutes.
Remove from oven; let cool.

3. Meanwhile, place bitter-
sweet chocolate and water in
the top of a double boiler
(or heatproof bowl set over
simmering water); whisk mix-
ture until fully melted and
glossy, adding more water if
necessary to thin. Remove
from heat; let cool for 10
minutes before spreading
each cake with a scant tsp of
glaze. Top each with a whole
berry or berry slice (if using).

SERVING SIZE: 1 mini-cake

 Vegetarian  Gluten-free
 Nut-free

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