



January 6-12, 2019

Weekly



Enjoy food freedom!

Did you know that WW Freestyle™ has more than 200 ZeroPoint™ foods that you don't have to weigh, measure, or track? They form the foundation of a healthy pattern of eating and give you more freedom to enjoy all the foods you love. This flexibility works: In a clinical trial of WW Freestyle, participants not only lost weight, but they reported less hunger and fewer cravings. Check your

Welcome to WW book for ideas—and try these tips for using ZeroPoint foods.

Build on them. Choose one ZeroPoint food as a base; layer in flavour with other foods. For example, start with skinless chicken breast (0 SmartPoints® value), add diced tomatoes (0), and top with 28 g (1 oz) mozzarella (3) and basil (0).

Use them as a cushion: If you're likely to run out of SmartPoints before the end

of the day, turn to Zero-Point meals and snacks to finish within Budget.

Save up your SmartPoints. Focus on ZeroPoint foods during the day to have more SmartPoints for dinner. And remember your rollovers and weeklies!

WHAT TO DO **Enjoy ZeroPoint foods**

Choose a strategy above to try this week. Write your plan to make it happen.

My ZeroPoint food plan

What I'll try:

When I'll try it:

What steps I will take to make it happen:



For more ways to enjoy ZeroPoint foods, see “Weekly Topic” in your app, or the “Plan Basics” section of My Day.

**Wellness
that Works.™**

Chef Eric Greenspan's mac 'n' cheese with creamy squash sauce

Prep 20 min | Cook 75 min

Cool 10 min | Serves 6

6



- 1 acorn squash
- 5 ml (1 tsp) salt, divided
- 1 ml (¼ tsp) black pepper, divided
- 75 ml (⅓ cup) panko (Japanese bread crumbs)
- 30 ml (2 Tbsp) grated pecorino Romano

- 5 ml (1 tsp) melted unsalted butter
- 5 ml (1 tsp) chopped fresh thyme or 1 ml (¼ tsp) dried
- 310 ml (1¼ cup) vegetable broth
- 250 ml (1 cup) shredded reduced-fat Cheddar
- 60 ml (¼ cup) crumbled feta
- 60 ml (¼ cup) nonfat plain yogurt
- 5 ml (1 tsp) smoked paprika
- 170 g (6 oz) elbow macaroni
- 750 ml (3 cups) cauliflower florets
- 1. Preheat oven to 200°C (400°F). Spray rimmed baking sheet and 22-cm (9-inch) square baking dish with nonstick spray.
- 2. Cut squash in half; remove seeds. Spray cut sides with nonstick spray and sprinkle

with 1 ml (¼ tsp) salt and 0.5 ml (⅛ tsp) pepper. Place squash cut side down on prepared baking sheet. Bake until fork-tender, 40 minutes. Cool 10 minutes.

3. Meanwhile, combine panko, pecorino Romano, butter, and thyme in small bowl.

4. Peel and cut squash; puree in blender with broth, Cheddar, feta, yogurt, paprika, and remaining salt and pepper.

5. Bring pot of salted water to boil. Add macaroni and cauliflower; return to boil, stirring occasionally. Cook for half the time on pasta package. Drain and place in large bowl. Stir in sauce. Spread in baking dish; top with panko. Bake until top is golden, about 25 minutes.

SERVING SIZE: 250 ml (1 cup)



From *Cook Up Comfort* cookbook, with 160 soothingly delicious recipes.

Vegetarian Nut-free

NOT FOR RESALE.
U.S. patent pending. WW Logo, SmartPoints, ZeroPoint, Wellness that Works, and WW Freestyle are the trademarks of WW International, Inc. ©2019 WW International, Inc. All rights reserved. Printed in U.S.A. 20190106C

PHOTOGRAPHY: RYAN LIEBE (FOOD); JAMES RANSOM (RECIPE).

Journey together

Invite your friends to join WW - for each one who joins, you'll both get a month on us!