



Weekly

March 10-16, 2019

Chef Eric Greenspan's vegetable tartine; get the recipe in *Cook Up Comfort*, available at participating Studios.

Plan your meals

Deciding what to eat ahead of time can be a big help on your WW journey. (If you can prep your meals beforehand too, all the better!) This approach minimizes “wish I hadn’t eaten that” moments that tend to spring from making decisions on the fly. It’s easier to choose foods you love in a range of SmartPoints® values. You streamline grocery shopping, too. No matter how much time you have to plan and prep, a few

tactics help answer “what to eat?” deliciously.

Smart strategies

- Start small: Plan just one meal for an upcoming night.
- Batch-prepare a staple or two like marinated chicken breast and roasted veggies to pair with fast-fix sides.
- Schedule meal-kit deliveries. Or pick up pre-prepped mains and sides at the supermarket.
- Search **#mealplanning** or join the **Meal Prep group**

on Connect for great ideas from fellow members. As for what to eat, search over 10,000 recipes on ww.com/ca and the app.

WHAT TO DO

Try a strategy

Choose from the ideas above to help plan your meals this week. Below, write down the strategy you chose and how you’ll make it happen.

My meal-planning strategy:

Two steps I’ll take to make it happen:



For more meal-planning tactics, see “Weekly Topic” in the app.

**Wellness
that Works.™**

Chia-crusted salmon with tomato, basil & spinach rice

Prep 15 min | Cook 5 min | Serves 4

5



- 15 ml (1 Tbsp) black chia seeds*
- 4 140 g (5 oz) skinless salmon fillets
- 10 ml (2 tsp) olive oil
- 3 garlic cloves, thinly sliced
- 225 g (8 oz) cherry tomatoes, halved (about 1½ cups)
- 500 ml (2 cups) cooked basmati rice
- 140 g (5 oz) baby spinach leaves
- 30 ml (2 Tbsp) chopped fresh basil
- 5 ml (1 tsp) fresh lemon juice
- 10 ml (2 tsp) reduced-sodium soy sauce

1. Place chia seeds on a large plate; dip 1 side of salmon fillets in chia seeds.

2. Lightly coat a large non-stick skillet with cooking spray; heat over medium-high heat. Cook salmon, chia side down, for 2 minutes. Flip and cook for 2 minutes more or to your taste.

3. Meanwhile, heat oil in a large saucepan over medium

heat. Cook garlic and tomatoes, stirring, for 2 minutes or until tomatoes are softened. Add rice, spinach, basil, lemon juice, and soy sauce; cook, stirring, for 2 minutes, or until heated through.

4. Top rice mixture with salmon to serve.

SERVING SIZE: 1 salmon fillet and about 250 ml (1 cup) rice mixture



This salmon dish is delicious with steamed broccolini.



* Chia seeds are available in most large supermarkets.

Gluten-free Dairy-free Nut-free

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