



Weekly

October 14-20



Kendra V.
WW member

Love your weekends!

Hey, how's your weekend looking? Whether it's fully booked or laid back, you probably won't eat the same way on Saturday that you do on, say, Tuesday. We get that weekends are different from weekdays, and that's OK. Friday through Sunday is a great time to add flexibility to your routine so you can build habits that work for your life. Use the features of WW Freestyle to help you win the weekend.

WHAT TO DO

Max your options for more flexibility.

- **Use your rollovers.** You can bank up to 4 unused SmartPoints® values each day to have more to spend for weekends.
- **Lean on zero Points®** foods during the day (pack a few snacks if you're out and about) to have more SmartPoints for special dinners.
- **Tap "browse restaurants" in the WW app** to locate

options that fit your Budget.

- **Find tips on how to navigate menus** on your WW app and at [weightwatchers.ca](https://www.weightwatchers.ca).

THIS WEEK

Choose one of the strategies above or create your own. Write it below along with a plan for how you'll try it out this weekend. Use the **4Ws**: Along with **What** you'll do, decide **Where** and **When** you will try it; and **Who**, if anyone, you'll try it with.

My weekend action plan



For more ways to win the weekend, check out the Weekly Topic in your app, or the "Plan Basics" section of My Day.

**Wellness
that Works.™**



Spaghetti Squash Pomodoro

Prep 15 min | Cook 50 min | Serves 4

3



2 small spaghetti squash
(about 1 kg [2½ lb] each),
halved, seeded

125 ml (½ cup) plain panko
bread crumbs

90 ml (6 Tbsp) grated Parme-
san cheese, divided

10 ml (2 tsp) dried oregano,
divided

10 ml (2 tsp) extra-virgin olive
oil

125 ml (½ cup) chopped onion

450 g (1 lb) small ripe toma-
toes, quartered

3 large garlic cloves, minced

3 ml (¾ tsp) salt

60 ml (¼ cup) chopped
fresh parsley

PREHEAT oven to 180°C (350°F). Arrange squash halves cut sides down on a foil-lined baking sheet; roast until strands of squash separate when scraped with a fork, 35-40 minutes.

MEANWHILE, place bread crumbs in a large skillet; cook over medium heat, stirring often, until bread crumbs are toasted, about 5 minutes. Remove from heat and stir in 45 ml (3 Tbsp) cheese and 5 ml (1 tsp) oregano; transfer to a small bowl and set aside.

SCRAPE spaghetti squash

from peel with a fork to form strands. Heat oil in same skillet over medium heat; cook onion, stirring occasionally, until light golden, about 4 minutes. Stir in squash, tomatoes, garlic, salt, and remaining 5 ml (1 tsp) oregano; cook, tossing often, until tomatoes soften and squash is coated, about 4 minutes. Stir in remaining 45 ml (3 Tbsp) cheese. Combine toasted bread crumbs and parsley; sprinkle over top.

SERVING SIZE: 500 ml (2 cups)

Vegetarian Nut-free

The WW Weight Loss System and these materials are proprietary to WW International, Inc. and are licensed to WW members solely for their personal use in losing and controlling their weight. Any other use is strictly prohibited. NOT FOR RESALE. U.S. patent pending. WW Logo, Points, and SmartPoints are the registered trademarks of WW International, Inc. WW Freestyle is the trademark of WW International, Inc. © 2018 WW International, Inc. All rights reserved. Printed in U.S.A. 20181014C

PHOTOGRAPHY: SHANNON GREER (WOMAN); LINDA PUGLIESE (RECIPE).