



Weekly

October 28 - November 3



Sleep well

A good night's sleep (at least seven hours for most adults) can enhance your mood and focus—and make you less prone to catching what's going around. It can also help prevent weight gain because you're more likely to choose healthier foods and be physically active the next day. Want to wake up more rested, even smiling?

WHAT TO DO

Create bedtime routines and a comfortable environment to help you get a better night's sleep:

- **Consider blackout shades.** Deep darkness tells your brain that it's time to sleep.
- **Limit caffeine for at least four hours before bed**—it's not the time to be more alert!
- **Set up a calming nightly routine that becomes a habit.** It could be: Wash a little TV, dim the lights, wash up, then read in bed. Aim to do the same thing each night at the same time.
- **Upgrade your space,** so you look forward to bedtime: Keep sheets clean,

clear bedside clutter, pick a gentle alarm, etc.

- **Unplug!** In general, try to keep screens out of the bedroom; their light can promote wakefulness.
- **Muffle outside noises** with a fan, ear plugs, or white noise machine.

THIS WEEK

Choose one bedtime change to try. Write what day you'll try it and how you'll put the plan into action. The day after, decide what worked, how to keep it going, and what else you'll try.

My bedtime change plan



Explore the sleep-weight connection in the Weekly Topic in your app, or the "Plan Basics" section of My Day.

Wellness
that Works.™

←
Leader René Falgout created this lightened-up version of a southern classic.

Cajun Shrimp & Grits

Prep 10 min | Cook 20 min | Serves 2

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Grits:

500 ml (2 cups) chicken broth
125 ml (½ cup) quick-cooking grits
1 ml (¼ tsp) salt
0.5 ml (⅛ tsp) black pepper
30 ml (2 Tbsp) reduced-fat milk

Shrimp:

2 slices centre-cut bacon, diced
125 ml (½ cup) diced red bell pepper
10 ml (2 tsp) minced garlic
285 g (10 oz) large shrimp, peeled and deveined
3 ml (¾ tsp) smoked paprika
0.5 ml (¼ tsp) granulated garlic

0.5 ml (¼ tsp) black pepper
0.5 ml (⅛ tsp) salt
15 ml (1 Tbsp) chopped fresh parsley

GRITS: In a small saucepan, bring chicken broth to boil. Gradually stir in grits, salt, and black pepper. Reduce heat to low; cover and cook, stirring occasionally, until grits are thickened, about 5 minutes. Stir in milk and cook, uncovered, 1 minute. Remove pan from heat; cover and keep warm.

SHRIMP: Meanwhile, set a large skillet over medium-high heat. Add bacon and cook, stirring occasionally, until crisp, about 3 minutes.

Add diced bell pepper and cook, stirring frequently, until browned, about 3 minutes. Add minced garlic and cook, stirring constantly, until fragrant, about 30 seconds.

ADD shrimp, paprika, granulated garlic, black pepper, and salt. Cook, stirring frequently, just until shrimp are opaque in centre, about 3 minutes. Serve shrimp over grits; sprinkle with parsley.

SERVING SIZE: About 250 ml (1 cup) shrimp and 125 ml (½ cup) grits

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