

1 SMARTPOINTS® NEVER
TASTED SO GOOD



SQUISHY • CHEWY • FRUITY

5-Pack Snack Boxes Available Exclusively in WW Meeting Rooms

September 9-15, 2018



FreestyleTM



set up a healthy kitchen

Simple ways to create a space
that helps you succeed

a space for success

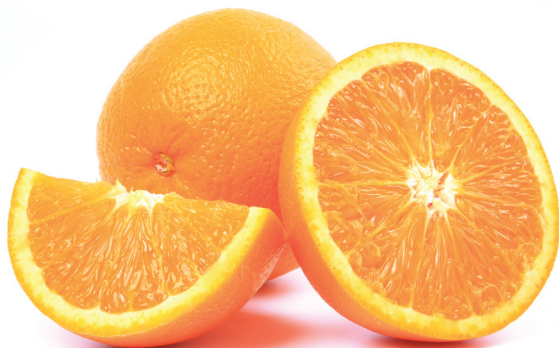
Do you feel more relaxed and productive in a messy space or in a neat one? In a recent study, people placed in a noisy, distracting kitchen who were stressed by the chaos were more apt to make unhealthy food choices than those eating in a calm space.

Your environment can be a surprising ally in your journey. An organized, well-stocked kitchen will save you time in healthy meal prep and you'll probably enjoy it more—which means you'll do it more regularly.

Chaotic kitchen? Make it over. Store low- or zero

SmartPoints® value foods at eye level and colourful cut-up veggies in clear containers. When you're hungry, opening the fridge will reveal great options, eliminating decisions. In one study, people who had fresh fruit on their counters were at a healthier weight than people who had cookies and soft drinks in view.

With best-for-you food and gear at your fingertips in a calmer, organized space, healthy choices are pretty much on autopilot. And it needn't stop at the kitchen—looking at you, office!



tip from a leader

"My kitchen supports my favourite practice: 'Never leave home without a healthy snack.' I'm always on the run, so I have created my own grab-n-go 'convenience store' at home, stocked with satisfying, nutritious and/or low SmartsPoints foods, including hard-boiled eggs, tuna pouches, and veggies."

—JEANNIE



what to do

stock your kitchen for success

What will help you create a helpful, appealing environment in your kitchen?

Choose a strategy that can make a difference in your choices:

- ☐ Put convenient appliances on the counter (like your food scale, or that multicooker)
- ☐ Label packaged goods with SmartPoints® values per serving
- ☐ Pre-cut fruits and veggies, and store in clear containers at eye level in the fridge
- ☐ Batch-roast your favourite vegetables for lunches and dinners all week long
- ☐ Pre-portion snacks and store them in individual zip-close bags
- ☐ Place a bowl of fruit on the counter
- ☐ Organize the pantry so low or zero SmartPoints items are at eye level
- ☐ Refrigerate zero Points® beverages (iced tea, cold-brew coffee, infused water)
- ☐ My own ideas:

FOLLOW UP Choose an idea above and plan how you'll put it into action in your kitchen. Make sure you include the 4 Ws: not only What you'll do but When and Where you will do it, and Who (if anyone) will help you.

think again

Skeptical that a mini-makeover of your kitchen—or any space—will help? Try shifting your thinking and see what happens.

UNHELPFUL THOUGHT

“My wife and I spend a lot of time in the kitchen, so it’s always a mess. It’s a waste of time to keep it organized.”



HELPFUL THOUGHT

“Keeping my kitchen organized is not a waste of time. It will save time to keep it organized by helping us make healthy, in-the-moment decisions.”

UNHELPFUL THOUGHT

“It’s too hard for me to make right-for-me choices because I have to have school snacks for my kids on hand.”



HELPFUL THOUGHT

“There will always be situations when not-right-for-me food is around, so I’ll place my go-to choices at home in visible, easy-to-reach spots. It might even rub off on my family!”



When you're facing a disorganized space, what unhelpful thought have you had? Write it here. Give it a reality check, then write your helpful thought here.

UNHELPFUL THOUGHT



HELPFUL THOUGHT



What are you cooking up in your healthy kitchen? Share your **#KitchenCreations** on Connect in the mobile app (for subscribers).

inspiration

from a member

NAME

Geoffrey

JOINED

5 years ago—and I've been active ever since!

FAVE WW SAYING

It's my own: "Choose life, not seconds!"

TOOLS I LOVE:

My lemon-lime crusher—it's a small hand tool to get the max juice out of small citrus fruits, which are healthy flavour add-ons. I also use my flat nonstick BBQ pan all the time. Fat and excess oil drain and run off into a channel—even bacon on the grill.

Kitchen Boss**It starts with smart shopping:**

I always pick up tons of greens, fresh veggies, bell peppers, and all onion varieties. Imagine: cut-up green onion sprinkled over a couple of eggs scrambled with chopped bell pepper and fresh onion; then add salsa or a pinch of cheddar for a great low SmartPoints protein-packed meal!

Set up helpful sightlines: We have open kitchen shelving where we keep healthy foods in plain sight, separate from junk (you need a search party to find the junk!). We also keep pre-cut fruits and vegetables visible in the fridge for quick access.

Thinking ahead: Most people think healthy is hard, but with mindful planning and intent healthy becomes easy. If my week ended tough, I plan for the next week, even at work, where I fill the fridge with fresh fruit, hard-boiled eggs, and some cheese slices. I try to be aware of my potential pitfalls as well as planning for success!



eggplant parm fries

4 SmartPoints® value per serving // PREP 25 min // COOK 25 min // SERVES 4

680 g (1½ lb) eggplant (about 1 large)

2 large egg whites

30 ml (2 Tbsp) canned tomato paste

30 ml (2 Tbsp) water

250 ml (1 cup) Italian-seasoned
whole-wheat breadcrumbs

60 ml (¼ cup) finely grated
Parmesan cheese, preferably
Parmigiano-Reggiano

4 sprays cooking spray

PREHEAT oven to 200°C (400°F). Line
a large rimmed baking sheet with a
silicone baking mat or parchment paper.
TRIM and peel eggplant. Cut a thin sliver
off rounded end so eggplant can sit flat.

Cut eggplant lengthwise into 1.25-cm
(½-inch) thick slices; cut each slice into
1.25-cm (½-inch) thick sticks; slice each
stick in half (you should have 48 fries).

IN a shallow bowl, whisk egg whites,
tomato paste, and water. In another
bowl, mix breadcrumbs and cheese.

COAT each fry in egg-white mixture;
gently shake off excess, then coat in
breadcrumb mixture; place on pan.
Repeat with remaining ingredients
(make sure fries don't touch).

COAT fries with cooking spray and bake
until brown and crunchy, about 25
minutes. Transfer pan to a wire rack and
cool for a few minutes.

YIELDS 12 fries per serving.



4
SmartPoints
value

←
**For maximum
crispness, serve
these fries right
after baking.**

thoughts on my meeting...

Great stuff I heard... helpful tips... what I'll work on!



BE A PORTION PRO

Get accurate SmartPoints values for the foods you weigh with our Kitchen Scale. Calculate the SmartPoints by entering nutrition info—or tap into the built-in directory of over 400 foods. You also have the ability to add up to 10 additional foods. There's no smartphone or app required! Available in participating meeting locations.

.....> **Loving WW? Invite a Friend! Visit “My Day” on your Weight Watchers® mobile app or desktop and start inviting. For each friend who signs up for a subscription plan, you'll both get an additional month on us! Restrictions apply.**

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