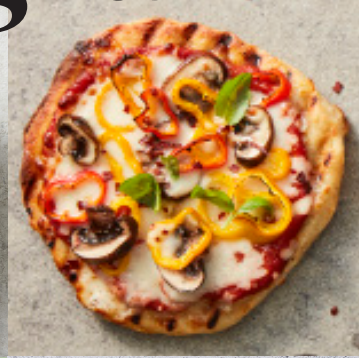
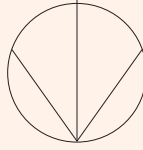


# program



# guide

Lose weight—not your  
favorite foods.



your journey  
**starts now**

You took the first step. Now let us support  
you the rest of the way. We take a  
science-backed approach to help you lose  
weight and gain healthy habits for life.  
Here's what to expect.



**Easy-to-follow plan**

Science says when something is easier to do, we're more likely to do it. We make behaviors that lead to weight loss (like choosing healthier foods) easier so you can be more successful.



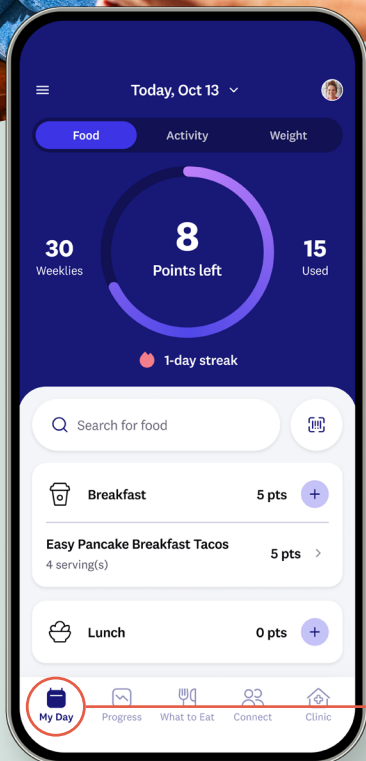
**Your favorite foods**

Yes, you really can eat what you love and still lose weight. Deprivation doesn't work! Instead, you'll learn to fit in old favorites and discover new flavors to help you achieve your goals.



**Tools to support you**

Think proven behavior change techniques to troubleshoot challenges; physical activity that feels good to you; thousands of delicious recipes; expert coaches; and more.



## download the WeightWatchers<sup>®</sup> app today!

Loaded with features that make losing weight easier, our app lets you (literally) tap into every benefit of our program wherever you go.



Start on the **My Day** screen to track and get tips for what to focus on each day.

# how we approach food

Rooted in nutritional science and  
revolving around you, our program is designed  
to be flexible because...life!

## ► healthy eating made simple

**A food plan tailored just for you.** Tell us a little about yourself and we'll create a plan that's customized to your metabolic rate and still leaves room for you to enjoy your favorite foods.

**A Points® formula that does the work.** Every food has a Points value based on complex food-label data. This one number makes it easy to assess a food and guides you to healthier options.

**Foods that never count towards your Points budget.** We hate that hangry feeling too. You'll avoid it with 350-plus ZeroPoint® foods – nutritious and filling go-tos that you can always reach for.

## living with diabetes?

You're in the right place. Science shows that losing even a modest amount of weight (5% of your body weight) can help ease insulin resistance. Whether you have type 1 or type 2 diabetes, using WeightWatchers can help you reach your goals.\*

\*Reminder: WeightWatchers is not a replacement for medical care. Consult your doctor for any health concerns.





# what goes into our Points<sup>®</sup> formula

Calories are part of the equation, of course.  
Saturated fats and added sugars drive up a Points<sup>®</sup> value;  
fiber, protein, and unsaturated fats drive it down.

## ► how to use our program

### Track what you eat.

It's easy! Input your food into the WW app to see its Points value.

### Try to stay within your Points Budget.

We give you a custom Budget based on your age, height, weight, and sex assigned at birth—i.e., your individual metabolic rate.

### Use Points to guide food choices.

Your Budget is designed to nudge you toward healthier foods and right-for-you portions that help you lose weight—but nothing is off-limits.

## which is the better-for-you choice?

### 1 cup white penne

Calories \_\_\_\_\_  
Protein \_\_\_\_\_  
Fiber \_\_\_\_\_  
Saturated fat \_\_\_\_\_  
Unsaturated fat \_\_\_\_\_  
Added sugar \_\_\_\_\_

4



### 1 cup whole-wheat penne

Calories \_\_\_\_\_  
Protein \_\_\_\_\_  
Fiber \_\_\_\_\_  
Saturated fat \_\_\_\_\_  
Unsaturated fat \_\_\_\_\_  
Added sugar \_\_\_\_\_

3

Similar foods with lower Points tend to be more nutritious, but higher Points foods aren't "bad" - the goal is balance.



## ► all about your Points Budget

It's calculated to help you lose weight at a healthy rate and includes...

**Daily Points** that ensure you have enough to eat. They reset every day. If you go a little over or under, that's OK!

**Weekly Points**, which give you a cushion. They refill each week. Use them throughout the week (or don't), or save 'em up.

**Rollover Points** that are saved for later. Up to 4 unused dailies will automatically roll into your weekly bank.



3

Cheeseburger  
salad bowls

# get to know the **ZeroPoint<sup>®</sup>** foods

**Rich in protein and fiber, the zero heroes in these eleven categories\* give you lots of flexibility. These are great foods to build the foundation of the majority of your meals!**



## ► **how to use ZeroPoint<sup>®</sup> foods**

### **Create a base**

Start with a ZeroPoint food (like eggs or lentils), then add ingredients with Points<sup>®</sup> to build out a meal.

### **Pump up a dish**

Toss ZeroPoint foods (veggies, beans, shrimp...) into recipes to make meals more filling.

### **Tame hunger**

No matter how many Points you have to spend (or don't), there's always something to eat.

\*Members on the Diabetes Program have customized ZeroPoint foods that are less likely to impact blood sugar levels. Find the list in the WW app's main menu, or learn more at [weightwatchers.com/us/how-it-works/diabetes-program](https://www.weightwatchers.com/us/how-it-works/diabetes-program).





Beans, peas & lentils



Chicken & turkey



Corn & popcorn



Eggs



Fish & shellfish



Fruit



Lean meats



Nonfat yogurt &  
cottage cheese



Oats



Tofu & tempeh



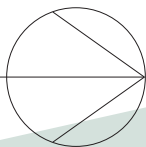
Vegetables (including  
potatoes)

see the  
full list of  
**ZeroPoint®**  
heroes on  
pages 18-19!

the key to success:

# tracking

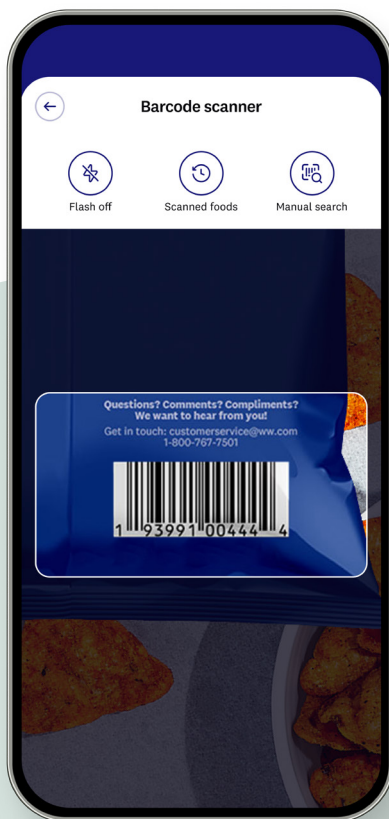
Study after study shows that people who track more tend to lose more weight. You won't have to track forever, but it's an incredibly powerful way to start.



**our No. 1  
tracking tool:  
the barcode  
scanner**

Get a tour of *all* the  
tools you have at  
your fingertips at  
[WW.com/app](http://WW.com/app).

Download the  
WeightWatchers® app  
to get started.



WW MEMBER  
DERLY O.

-46 lb<sup>^</sup>

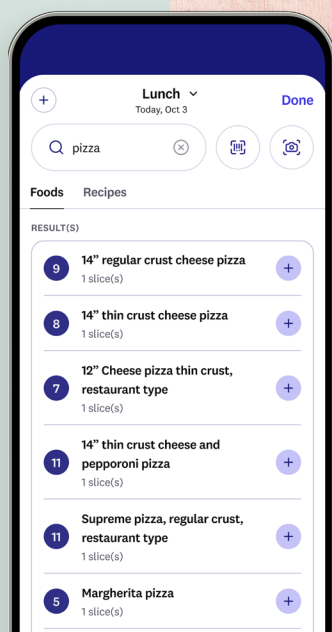
## how to track

Tracking works because it helps you stay aware of your choices. Here are three simple ways to do it.

**Snap and track.** When you're pressed for time, take a picture of your meal and track it later.

**Take a guess.** Don't know every ingredient in a dish? Find something similar and track that. Or tap the search bar, then Quick Add, and guesstimate Points<sup>®</sup>. Consistency is what matters.

**Save a fave.** If you do know what's in a go-to recipe or meal, tap the search bar, then Create. Next time, you won't have to track each ingredient.



# what about activity?

Our plan is designed to help you lose weight without it, but (and it's a biggie) regular physical activity can do amazing things for you.



1 /

It leads to more weight loss than changing your diet alone.<sup>1</sup>

2 /

It's the top predictor of who keeps weight off and who doesn't.<sup>2</sup>

3 /

It helps manage stress and improve mood and sleep.<sup>3</sup>

4 /

It reduces your risk of a laundry list of chronic diseases.<sup>4</sup>



## more questions? we have answers

### What do you mean by physical activity?

Not necessarily you dripping in sweat (unless you're into that). Try a short walk. Or weed your garden. If you're moving, it counts! We'll help you find an activity you enjoy and get into a groove. (Maybe literally—dancing counts too.)

### What if I get hungrier?

As you track activity, Points® are added to your Budget as weeklies. Use them (or don't) however you see fit. To track, go to the Activity tab on My Day and sync a fitness wearable or manually track by tapping on "Track activity."

### Could I gain weight if I spend those Points?

Nope. Our algorithm gives you back in Points only a little less than half of what you burn. The math means you lose, er, win... You'll still be on track to your goals.

WW MEMBER  
STEPHEN A.

-16 lb<sup>a</sup>



<sup>1</sup> Johns DJ, Hartmann-Boyce J, Jebb SA, Aveyard P; Behavioural Weight Management Review Group. Diet or exercise interventions vs combined behavioral weight management programs: a systematic review and meta-analysis of direct comparisons. *J Acad Nutr Diet.* 2014;114(10):1557–1568. doi:10.1016/j.jand.2014.07.005

<sup>2</sup> Pronk NP, Wing RR. (1994). Physical activity and long-term maintenance of weight loss. *Obes Res.* 2(6): 587–599

<sup>3</sup> Penedo FJ, Dahn JR. Exercise and well-being: a review of mental and physical health benefits associated with physical activity. *Curr Opin Psychiatry.* 2005 Mar 1;18(2):189–93

<sup>4</sup> U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. Washington, DC: U.S. Department of Health and Human Services, 2008.

/ a sample week with WeightWatchers® /

# it's time to eat!

/ day 1 /



## breakfast

Italian Pepper & Egg  
Breakfast Wrap

## lunch

Quinoa bowl with  
roisserie chicken,  
cucumbers, tomatoes,  
and balsamic dressing

## snacks

Raw veggie sticks  
with hummus; mixed  
fruit salad



## dinner

Cajun Beef Chili



/ day 2 /

## breakfast

Cinnamon oats with  
apples and almonds

## lunch

Rainbow Noodle  
Salad with Lime Dressing



## snacks

Smoked Turkey  
Egg Bite; orange  
(or other fresh fruit)



## dinner

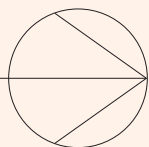
Sheet-Pan Pork Chops  
with Beans & Carrots



**find more  
in the  
WW app!**

Search over  
12,000  
recipes by  
ingredient, dish,  
or cuisine.

Plan meals,  
explore new  
foods, and get  
inspired.



/ day 3 /



### **breakfast**

3-Ingredient Banana Pancakes with Fresh Berries

### **lunch**

Turkey & Swiss bagel-thin sandwich; side of celery sticks with ranch dressing

### **snacks**

Parmesan air-popped popcorn; a slice of Glazed Cranberry-Orange Cake



### **dinner**

From a Chinese restaurant: 1 cup wonton soup; 1 cup chicken and broccoli; ½ cup brown rice

/ day 4 /

### **breakfast**

Avocado whole-grain toast with a fried egg; a side of fresh pineapple

### **lunch**

Hearty Lentil & Tomato Soup

### **snacks**

Air-Fried Crispy Five-Spice Chickpeas; Frozen Chocolate-Dipped Banana Bites



### **dinner**

Whole-Wheat Spaghetti with Butternut Squash & Walnuts



/ day 5 /

### **breakfast**

Plain nonfat Greek yogurt with mango, kiwi, and shredded coconut

### **lunch**

From a pizza place: 1 slice of cheese pizza; side salad with red wine vinaigrette

### **snacks**

Hard-boiled egg; Banana Mango "Nice" Cream



### **dinner**

Spice-Rubbed Flank Steak with Roasted Veggies



/ same delicious flavor, fewer Points® /

# simple swaps

## / burgers /

Swap out buns for shiitake mushrooms.



**Shiitake cheeseburger sliders**

8



4

## / pasta /

Swap out noodles for eggplant slices.



**No-noodle vegetable lasagna**

7



5

## / lunch /

Swap out bread for tomatoes.



**Roasted red pepper tuna salad**

3



1

## / desserts /

Swap out heavy cream for tofu.



**Dark chocolate tart with berries**

10



6

Points® values for each recipe are per serving.



# a handy guide to portion sizes

When you're out and about, guesstimating portions  
is A-OK. Use your hands to help.



**1 cup**

Fist



**1 tsp**

Fingertip



**3 oz meat**

Palm



**1 tbsp**

Poker-chip-size circle  
in palm of hand



**1 to 2 oz meat**

Cupped hand



**1 oz meat or cheese**

Thumb

Of course, not all hands are the same size. If you want to get  
specific, compare yours against some measuring spoons or cups.

**Beans, peas  
+ lentils**

Adzuki beans  
Black beans  
Black-eyed peas  
Cannellini beans  
Cranberry beans  
(Roman beans)  
Chickpeas  
(Garbanzo beans)  
Edamame  
Fava beans (Broad  
beans)  
Great northern  
beans  
Green peas  
Kidney beans  
Lentils  
Lima beans  
(butter beans)  
Lupini beans  
Navy beans  
Mung beans  
Pigeon peas  
Split peas  
Pinto beans  
Refried beans,  
fat-free, canned  
Soybeans

**Chicken &  
turkey**

Chicken breast,  
oven roasted/  
roisserie  
seasoned, deli-  
style  
Chicken breast,  
skinless  
Chicken, canned in  
water  
Chicken drumstick,  
skinless  
Chicken leg,  
skinless  
Chicken, liver  
Chicken patty,  
plain  
Chicken thigh,  
skinless  
Cornish hen,  
skinless

Ground chicken  
breast  
Ground chicken,  
90% lean or  
leaner  
Ground turkey  
breast  
Ground turkey,  
90% lean or  
leaner  
Turkey breast,  
oven roasted/  
roisserie  
seasoned, deli-  
style  
Turkey, canned in  
water  
Turkey breast,  
skinless  
Turkey drumstick  
skinless  
Turkey leg, skinless  
Turkey, liver  
Turkey, patty, plain  
Turkey thigh,  
skinless

**Corn +  
popcorn\***

Corn, canned  
Corn, fresh (sweet,  
white, or yellow)  
Corn, frozen, plain  
Corn on the cob  
Hominy  
Popcorn, air-  
popped without  
oil, butter, or sugar  
Popping corn (for  
popping at home)

**Eggs**

Eggs  
Egg whites  
Egg yolks  
Eggs, hard-boiled  
or soft-boiled  
Eggs, scrambled,  
made without fat  
Liquid egg  
substitute, made  
from egg whites

**Fish + shellfish**

Abalone  
Alaskan king crab  
Anchovies, canned  
in water  
Arctic char  
Bluefish  
Branzino  
Butterfish  
Carp  
Catfish  
Caviar  
Clams  
Cod  
Crabmeat, lump  
Crayfish  
Cuttlefish  
Eel  
Fish roe  
Flounder  
Grouper  
Haddock  
Halibut  
Herring  
Lobster  
Mackerel  
Mackerel, canned  
in water  
Mahi-mahi  
Monkfish  
Mussels  
Octopus  
Orange roughy  
Oysters  
Perch  
Pike  
Pollock  
Pompano  
Salmon  
Sardines, canned  
in water or sauce  
Sashimi  
Scallops  
Sea bass  
Sea cucumber  
Sea urchin  
Shrimp  
Smelt  
Smoked fish

(haddock, salmon,  
sturgeon, trout,  
and whitefish)  
Snails  
Snapper  
Sole  
Squid  
Steelhead trout  
Striped bass  
Sturgeon  
Swordfish  
Tilapia  
Trout  
Tuna  
Tuna, canned in  
water  
Turbot  
Wahoo  
Whitefish

**Fruits\***

Apples  
Applesauce,  
unsweetened  
Apricots, fresh  
Bananas  
Blackberries  
Blueberries  
Cantaloupes  
Cherries  
Clementines  
Cranberries, fresh  
Dragon fruit  
Figs, fresh  
Frozen mixed  
berries,  
unsweetened  
Fruit, canned in  
water with or  
without artificial  
sweeteners  
Fruit cocktail,  
unsweetened  
Fruit salad,  
unsweetened  
Grapefruit  
Grapes  
Guavas  
Honeydew melons  
Jackfruit  
Kiwis

Kumquats  
Lemons  
Limes  
Mangoes  
Meyer lemons  
Nectarines  
Oranges  
Papayas  
Peaches  
Pears  
Persimmons  
Pineapples  
Plums  
Pomegranates  
Pomelos  
Raspberries  
Star fruit  
Strawberries  
Tangerines  
Watermelons

**Lean meats**

Beef, arm pot  
roast, lean,  
trimmed  
Beef, bottom  
round, roast or  
steak, trimmed  
Beef, cube steak,  
trimmed  
Beef, eye of  
round roast, lean,  
trimmed  
Beef, eye of  
round steak, lean,  
trimmed  
Beef, filet mignon,  
lean, trimmed  
Beef, flank steak,  
lean, trimmed  
Beef, ground 90%  
lean or leaner  
Beef, Kansas City  
strip steak, lean,  
trimmed  
Beef, liver  
Beef, London broil  
Beef, New York  
strip steak, lean,  
trimmed  
Beef, rump roast,  
lean, trimmed

Beef, strip steak, lean, trimmed

Beef, tenderloin, lean, trimmed

Beef, top round roast or steak, trimmed

Beef, top sirloin steak, lean, trimmed

Beef, tri-tip roast, lean, trimmed

Bison, ground, 93% lean

Bison, lean, trimmed

Bison, top round steak

Bison, top sirloin steak

Elk meat

Elk, ground, 90% lean (or leaner)

Goat meat

Lamb, leg, lean, trimmed

Lamb, loin, lean, trimmed

Lamb, sirloin chops, lean, trimmed

Lamb, tenderloin

Pork center rib chops, lean, trimmed

Pork loin chop, lean, trimmed

Pork sirloin chop, lean, trimmed

Pork sirloin roast, lean, trimmed

Pork tenderloin

Pork, top loin chop, lean, trimmed

Pork, top loin roast, lean, trimmed

Rabbit

Veal cutlet, plain

Veal loin chop, lean, trimmed

Veal shank

Venison

Venison, ground

## **Non-Starchy Vegetables**

Acorn squash

Alfalfa sprouts

Artichoke hearts, without oil

Artichokes, whole

Arugula

Asparagus

Baby corn

Bamboo shoots

Bean sprouts

Beet greens

Beets

Bell peppers

Bok choy

Broccoli

Broccoli rabe

Broccoli slaw

Brussels sprouts

Butter lettuce (Bibb or Boston)

Butternut squash

Cabbage

Carrots

Cauliflower

Cauliflower rice

Celery

Celeriac

Chiles

Coleslaw mix

Collard greens

Cucumbers

Delicata squash

Eggplants

Endive

Escarole

Fennel

Frozen stir-fry vegetables, without sauce

Frozen vegetable mixes

Green beans

Green leaf lettuce

Hearts of palm

Iceberg lettuce

Jalapeno peppers

Jicama

Kabocha Squash

Kale

Kohlrabi

Leeks

Mixed greens

Mushrooms

Mustard greens

Napa cabbage

Nori (dried seaweed)

Oak leaf lettuce

Okra

Onions

Pea shoots

Pickles, unsweetened

Pico de gallo

Pimientos, canned

Pumpkin

Pumpkin purée

Radishes

Red leaf lettuce

Romaine lettuce

Rutabaga

Salsa,

fat-free

Sauerkraut

Scallions

Shallots

Snow peas

Spaghetti squash

Spinach

Summer squash

Sugar snap peas

Swiss chard

Tomatillos

Tomato purée, canned

Tomatoes

Turnips

Water chestnuts

Wax beans

Zucchini

## **Oats\***

Oatmeal, plain

Oatmeal, plain,

instant

Oats, quick-cooking

Oats, rolled/old fashioned

Oats, steel cut

## **Starchy Vegetables\***

Baby potatoes

Chestnuts

Fingerling potatoes

New potatoes

Japanese sweet potato

Lotus root

Malanga

New potatoes

Parsnips

Plantains, baked or boiled

Potato, baked, plain

Potatoes, mashed, plain

Potatoes, roasted, without oil

Potatoes, shredded hash brown-style, plain

Purple potato

Red potato

Russet potato

Sunchokes (Jerusalem artichokes)

Sweet potato, baked, plain

Sweet potato, canned, unsweetened

Sweet potatoes, mashed, plain

Sweet potatoes, roasted without oil

Taro

White potato

Yam

Yuca (cassava)

Yukon gold potato

## **Tofu + tempeh**

Quorn, plain

Smoked tofu

Tempeh

Textured Vegetable Protein (TVP)

Tofu, extra firm

Tofu, firm

Tofu, silken

Tofu, soft

## **Nonfat yogurt**

### **+ cottage cheese\***

Almond

yogurt, plain, unsweetened

Cottage cheese, plain nonfat

Greek yogurt, plain nonfat

Quark, plain, up to 1% fat

Soy yogurt, plain

Yogurt, plain nonfat

*\*The foods within these categories are not ZeroPoint foods for those living with diabetes.*

**Check out the top 200 tracked foods at: [weightwatchers.com/us/top-200](http://weightwatchers.com/us/top-200)**



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#### **Cover recipes**

**Top row:** Slow-Cooker Bolognese Sauce with Spaghetti, Greek Chicken Bowl, Grilled Mushrooms & Pepper Pizzas

**Middle row:** Strawberry & Blackberry Icebox Cake, Crispy Chicken Sandwich with BBQ Mayo, Broiled Salmon with Citrus Salsa

**Bottom row:** Chicken Scarpariello, Classic Huevos Rancheros, Spice-Rubbed Flank Steak with Roasted Veggies