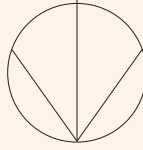


program



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® 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[®] formula

Calories are part of the equation, of course.
Saturated fats and added sugars drive up a Points[®] 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[®]** 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[®] foods**

Create a base

Start with a ZeroPoint food (like eggs or lentils), then add ingredients with Points[®] 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



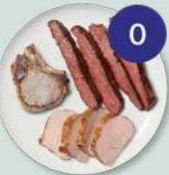
Eggs



Fish & shellfish



Fruit



Lean meats



Nonfat yogurt &
cottage cheese



Oats



Tofu & tempeh



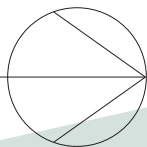
Vegetables (including
potatoes)

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.

Download the
WeightWatchers® app
to get started.



WW MEMBER
DERLY O.

-46 lb[^]

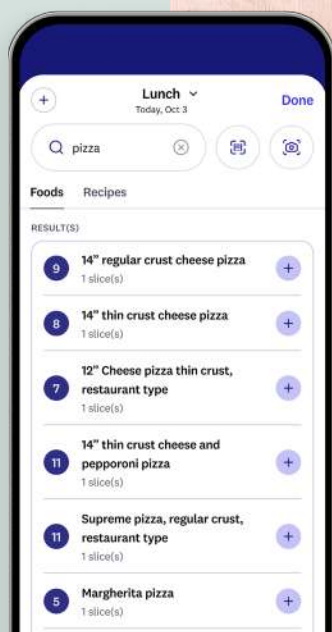
how to track

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[®]. 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.¹

2 /

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

3 /

It helps manage stress and improve mood and sleep.³

4 /

It reduces your risk of a laundry list of chronic diseases.⁴

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[^]



¹ 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

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

³ 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

⁴ 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

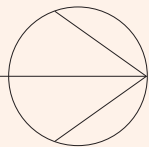
Sheet-Pan Pork Chops
with Beans & Carrots



**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

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



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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