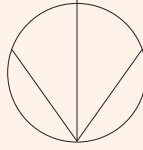


programme



guide

Lose weight—not your
favourite 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 behaviours that lead to weight loss (like choosing healthier foods) easier so you can be more successful.



Your favourite 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 favourites and discover new flavours to help you achieve your goals.



Tools to support you

Think proven behaviour 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 programme 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 programme 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 customised to your metabolic rate and still leaves room for you to enjoy your favourite 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;
fibre, protein, and unsaturated fats drive it down.

► how to use our programme

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?

100g white penne

Calories _____
Protein _____
Fibre _____
Saturated fat _____
Unsaturated fat _____
Added sugar _____

4



100g whole-wheat penne

Calories _____
Protein _____
Fibre _____
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

/

A top-down view of a large assortment of fresh, healthy ingredients arranged on a light-colored surface. The ingredients include a large piece of salmon, various vegetables like mushrooms, onions, tomatoes, and leafy greens, fruits like apples, oranges, and grapes, nuts, and eggs. The arrangement is colorful and visually appealing, suggesting a focus on nutrition and healthy eating.

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

WEIGHTWATCHERS PROGRAMME GUIDE



Beans, peas & lentils



Chicken & turkey



Corn & popcorn



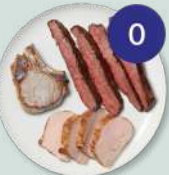
Eggs



Fish & shellfish



Fruit



Lean meats



Nonfat yogurt &
cottage cheese



Oats



Tofu & tempeh



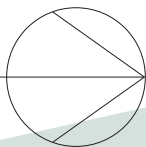
Vegetables (including
potatoes)

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 www.weightwatchers.com/uk/how-it-works/ww-app.

Download the WeightWatchers® app to get started.



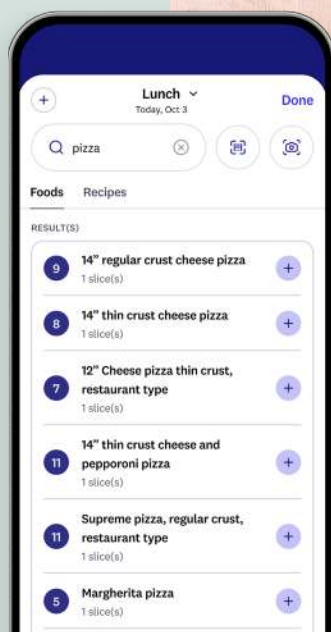
how to track

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.
-1st 2lb



¹ Johns DJ, Hartmann-Boyce J, Jebb SA, Aveyard P; Behavioural Weight Management Review Group. Diet or exercise interventions vs combined behavioral weight management programmes: 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 houmous; mixed
fruit salad



dinner

Chilli con carne



/ day 2 /

breakfast

Cinnamon oats with
apples and almonds

lunch

Rainbow noodle
salad with lime dressing



snacks

Green goddess egg
muffins; orange (or
other fresh fruit)



dinner

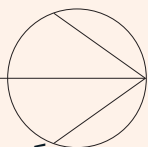
Traybake pork chops with
beans & carrots



**find more
in the
WW app!**

Search over
4,500
recipes by
ingredient, dish,
or cuisine.

Plan meals,
explore new
foods, and get
inspired.



/ day 3 /



breakfast

Flourless banana pancakes with berry maple syrup

lunch

Turkey and Cheddar bagel thin sandwich + side of celery sticks

snacks

Double cheese popcorn; a slice of Carrot cake flapjacks



dinner

From a Chinese restaurant: wonton soup; chicken & broccoli with brown rice

/ day 4 /

breakfast

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

lunch

Hearty lentil & tomato soup

snacks

Five-spice crispy chickpeas; Frozen chocolate dipped banana bites



dinner

Spaghetti with butternut squash & walnuts



/ day 5 /

breakfast

0% fat natural Greek yogurt with mango, kiwi, and dessicated 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

Fillet steak with stir-fried veg



/ same delicious flavour, fewer Points® /

simple swaps

/ burgers /

Swap out pizza dough for Portobello mushrooms.



Mushroom pizza

6

3

/ pasta /

Swap out lasagne sheets for aubergine



Aubergine parmigiana lasagna

7

5

/ lunch /

Swap out white rice for cauliflower.



Cauliflower 'rice' burrito bowls

11

5

/ 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.



250g

Fist



1 tsp

Fingertip



120g meat

Palm



1 tbsp

Golf-ball-size circle in palm
of hand



30-60g meat

Cupped hand



30g 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
kitchen scales.

Beans, peas + lentils

Aduki beans
Black beans
Black beluga lentils
Black eyed beans
Borlotti beans
Butter beans
Cannellini beans
Chickpeas
Edamame beans
Flageolet beans
Green or brown lentils
Green split peas
Green tuver (pigeon peas)
Gungo peas
Haricot beans
Kidney beans
Mung beans
Peas
Petit pois
Pinto beans
Puy lentils
Soya beans
Split red lentils
Yellow split peas

Chicken & turkey

Chicken breast, mince
Chicken breast, skinless
Chicken mince, mixed meat
Chicken thigh, skinless
Roast chicken, light meat, skinless
Roast chicken, mixed meat, skinless
Roast turkey, skinless
Turkey breast mince
Turkey breast slices

Turkey breast, skinless
Turkey mince, <10% fat, raw
Turkey thigh, skinless
Wafer thin chicken

Corn + popcorn*

Corn on the cob
Plain popcorn (no added oil or flavours)
Popcorn kernels
Sweetcorn

Eggs

Duck egg
Egg
Egg white
Egg yolk
Goose egg
Quail egg

Fish + shellfish

Anchovies (not in oil)
Basa
Bream, red or black
Caviar
Clams
Cockles
Cod
Cod loin
Cod roe
Coley
Crab
Crayfish
Dover sole
Eel
Frogs legs
Grey mullet
Grouper
Haddock
Hake
Halibut
Herring

Hoki
Jellied eels
John Dory
King prawns
Kipper
Lemon sole
Lobster
Mackerel
Monkfish
Mussels
Octopus
Orange roughy
Oysters
Pike
Pilchards
Pink salmon
Plaice
Pollock
Prawns
Rainbow trout
Red mullet
Red salmon
Red snapper (red sea bream)
Roll mop herring
Salmon
Sardines
Scallops
Sea bass
Sea bream
Shrimps
Smoked cod
Smoked haddock
Smoked mackerel
Smoked salmon
Smoked trout
Snails
Soft herring roe
Sprats
Squid
Swordfish
Tiger prawns
Tilapia
Trout
Tuna
Turbot
Whelks
Whiting
Winkles

Fruits*

Apple
Apricot
Banana
Blackberries
Blackcurrants
Blueberries
Breadfruit
Carambola (star fruit)
Cherries
Clementine
Cranberries
Custard apple
Damson
Dragonfruit
Durian
Elderberries
Fig
Galia melon
Gooseberries
Grapefruit
Grapes
Greengage
Guava
Honeydew melon
Jackfruit
Kiwi fruit
Kumquats
Lemon
Lime
Loganberries
Lychees
Mandarin
Mango
Mangosteen
Melon
Nashi pear
Nectarine
Orange
Papaya
Passion fruit
Peach
Pear
Physalis (Cape gooseberry)
Pineapple
Plum
Pomegranate

Pomelo
Prickly pear
Quince
Raspberries
Redcurrants
Rhubarb
Satsuma
Sharon fruit (Persimmon)
Strawberries
Tangerines
Watermelon

Lean meats

Beef braising steak, lean
Beef fillet steak, lean
Beef fillet steak
Beef frying steak
Beef medallion steak, lean
Beef mince, extra lean, <5% fat
Beef rump steak, lean, <5% fat
Beef shin
Beef silverside, lean
Beef sirloin steak, lean, <5% fat
Beef skirt
Beef stewing steak, lean, <5% fat
Beef topside slices
Bison fillet steak, lean
Calves liver
Goat
Lamb loin fillets
Lamb mince, <10% fat
Lamb sweetbread
Lamb backstrap, lean
Lambs heart
Lambs kidney
Lambs liver
Lean beef mince, <10% fat

Lean beef stir-fry strips
 Lean diced beef, <5% fat
 Lean pork mince, <10% fat
 Ox liver
 Pigs kidney
 Pigs liver
 Pork escalope
 Pork fillet medallions
 Pork fillet, lean
 Pork leg joint, lean
 Pork loin chops
 Pork loin medallions
 Pork loin steak, lean
 Pork mince, extra lean, <5% fat
 Pork shoulder joint, fat trimmed
 Pork stir fry strips, lean
 Pork tenderloin
 Tripe
 Veal escalope
 Venison haunch
 Wild boar

Non-Starchy Vegetables

Alfalfa sprouts
 Artichoke hearts
 Asparagus
 Aubergine
 Baby corn
 Bamboo shoots
 Beansprouts
 Beetroot
 Broad (fava) beans
 Broccoli
 Brussels sprouts
 Butternut squash
 Cabbage
 Capers
 Carrots
 Cauliflower

Cauliflower rice
 Celeriac
 Celery
 Chard
 Chayote
 Chicory
 Chilli, green or red
 Chinese leaves (Amaranth leaves)
 Courgette
 Cucumber
 Drumsticks (Saragawa)
 Dudhi (Calabash)
 Fennel
 French beans
 Fresh salsa (no oil)
 Garlic
 Globe artichoke
 Gourd (Karela)
 Green beans
 Green jalapenōs
 Hijiki seaweed
 Jicama (Mexican turnip)
 Kale
 Kimchi
 Kohlrabi
 Kombu
 Leek
 Lemon grass stems
 Lettuce
 Mange-tout
 Marrow
 Mooli
 Mushrooms
 Mustard cress
 Nori
 Okra
 Onion
 Pak choi
 Palm hearts
 Passata
 Pea shoots
 Peppers, all types
 Pumpkin
 Radish
 Rocket

Runner beans
 Salad leaves
 Samphire
 Shallots
 Spinach
 Spring onions
 Sugar snap peas
 Swede
 Tamarillo
 Tindora
 Tomato
 Turnip
 Water chestnuts
 Watercress

Oats*

Porridge oats
 Oatmeal
 Millet flakes
 Quinoa flakes

Starchy Vegetables*

Cassava
 Eddoes
 Jerusalem artichoke
 New potatoes
 Oca
 Parsnip
 Plantain
 Potatoes
 Salsify
 Sweet potato
 Taro
 Yam

Tofu + tempeh

Japanese-style silken tofu
 Plain tofu
 Plain textured soy protein
 Quorn fillet
 Quorn mince
 Quorn pieces
 Quorn slice
 Smoked tofu

Tempeh

Nonfat yogurt + cottage cheese

0% fat natural Greek yogurt
 Fat free natural cottage cheese
 Fat free natural fromage frais
 Fat free natural yogurt
 Fat free plain goats milk yogurt
 Fat free plain skyr yogurt
 Plain soya yogurt
 Quark, fat free, plain

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

Check out the top 200 tracked foods at: weightwatchers.com/uk/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