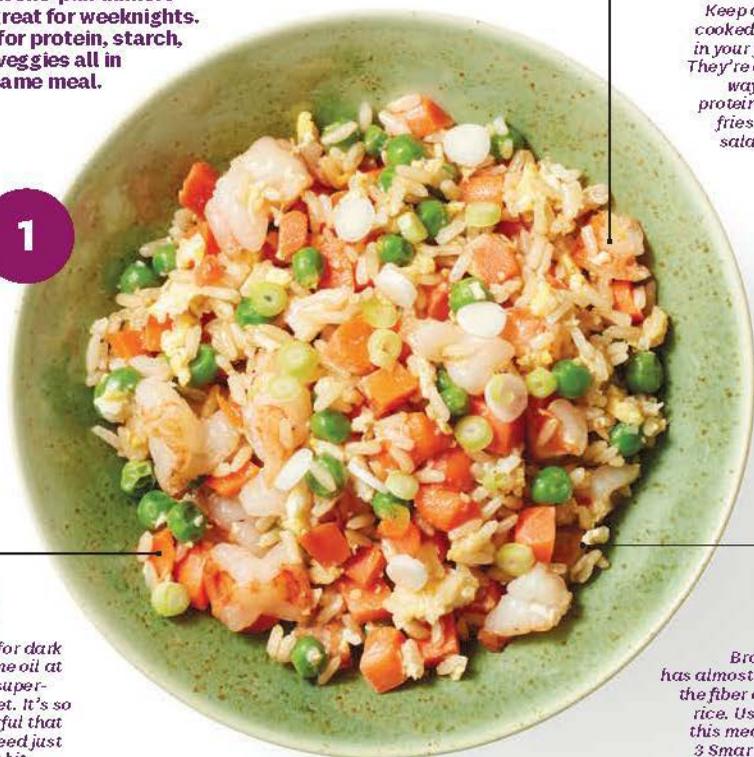


Shrimp fried rice

Quick one-pan dinners are great for weeknights. Aim for protein, starch, and veggies all in the same meal.

1



0

Keep a bag of cooked shrimp in your freezer. They're an easy way to add protein to stir-fries, soups, salads, and more.

1

Look for dark sesame oil at your super-market. It's so flavorful that you need just a tiny bit.

0

Brown rice has almost 6 times the fiber of white rice. Using it in this meal saves 3 SmartPoints.

Your ZeroPoint food categories



Fruits



Vegetables



Eggs



Chicken & turkey breast



Fish/Shellfish



Dairy & dairy alternatives



Beans & legumes



Tofu & tempeh



Whole-wheat pasta & grains



Potatoes

Check out some of your "Zero Heroes" starting on p. 36!

5-day menu

Just want to know what to eat? This meal plan will help you get started. Follow it, or mix and match. Skip the foods you don't love and dig into the ones you do.

Want more? With 7,000+ recipes in the WW app, your taste buds will never be bored.

Curious what other members are eating? Scroll through real-time posts on Connect!

↓
Find all the recipes in this book at WW.com/my-ww-recipes.

DAY 1

Breakfast

BLT breakfast cheese toast with an orange

3



Lunch

Pulled chicken ancho chili and black bean soup with 7 tortilla chips and 3 Tbsp of homemade guacamole

4



Snacks

Sliced pear or apple with 1 Tbsp almond butter

3

.....
Buttermilk-herb dip with crudité

0

Dinner

POST-SOCCER PRACTICE
Beef and vegetable stir-fry with brown rice

6

Special dessert?
Want a beer? Tap into your weekly SmartPoints!

DAY 2

Breakfast

Toast 1 frozen whole-grain waffle, spread with 1 Tbsp peanut butter, and top with banana slices and a dash of cinnamon.

5

Lunch

GREEK SHRIMP BOWL
Steamed shrimp, cooked farro, lettuce, peppers, and cucumber, with 1½ Tbsp crumbled feta, lemon juice, and fresh dill

1



Snacks

Banana-chocolate chip mini-muffin and coffee with fat-free milk

3

.....
Air-popped popcorn with sea salt

0

Dinner

Chicken Parmesan sandwich with Italian-inspired vegetable soup

7



DAY 3

Breakfast

Cranberry-almond
morning barley

4



Lunch

Pesto chicken salad
sandwich with Italian
arugula salad

8

Snacks

Grapes, 2 oz low-fat cheddar,
7 almonds

3

.....
Deviled eggs
with capers and dill

0



Dinner

Chickpea and spinach
stew served over
whole-wheat couscous

1

*Up to 4 unused
daily SmartPoints will be
automatically rolled
over so you can use
them on another day.*

DAY 4

Breakfast

Western
omelette

2



Lunch

OUT FOR BURGERS
Small fast-food cheeseburger
with condiments and a
garden salad with 1 Tbsp
Italian dressing

11

Snacks

Plain fat-free cottage cheese
with fresh fruit

0

.....
Banana or apple

0

Dinner

Italian turkey sausage
and pepper pasta

3



*Track your meals
and earn WellnessWins.[™]
Redeem them for
real rewards!*

DAY 5

Breakfast

Poblano and egg
breakfast sandwich
with fresh fruit

4

Lunch

Barbecue ranch
chicken salad

4



Snacks

BOOK CLUB NIGHT
2 medium chocolate-covered
strawberries

3

.....
Fresh veggies with 3 Tbsp
homemade guacamole

2

Dinner

Swordfish & veggie
skewers with
creamy avocado sauce,
served with brown
rice or quinoa

3



Zero Hero:

Chickpeas



Replace eggs in sweet treats

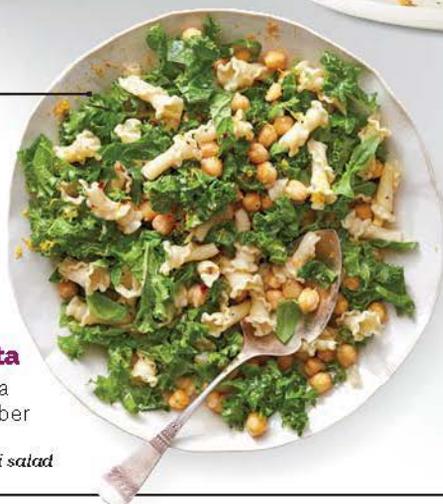
Pureed chickpeas add fiber and protein to no-bake cookie bites. *No-cook peanut butter cookie dough bites*



Boost your burger

Use chickpeas in veggie burger patties. It gives them a rich, slightly nutty taste. *Chickpea and brown rice veggie burger*

Don't love the texture of chickpeas? Roast them in sheet-pan meals in place of starches. They'll get nice and crunchy.



Power up pasta

Add them to pasta dishes for more fiber and protein. *No-mayo pasta e ceci salad*

↓
Find all the recipes in this book at WW.com/my-ww-recipes.



DID YOU KNOW?

A chickpea plant's deep root system helps prevent soil erosion. It also requires little to no fertilizer, and its leaves have a natural insecticide that keeps bugs away.