



SmartStart

Mix & Match menu plans to get
your weight loss off to a flying start.



**weight
watchers**

SAY **YES** TO **A FLYING START**

Good results in the early weeks of a weight loss programme are linked to better overall success*. And **SmartStart is designed to get you off to the best possible start.** It gives you a quick and easy introduction to healthy eating with 7 days of delicious, satisfying mix & match menus.

We've done all the working out for you, so this is the fuss-free way to get started straight away. We've even written your shopping list.

Let's do this!

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THE FIRST 24 hours

Here's how to get started in just 4 simple steps...

Choose your approach – Count or No Count.

Find out more on page 4.

Go shopping and stock up for success.

Fill your fridge and cupboards with delicious, healthy foods. We've got a shopping list for you on page 40.

Get to know the WW app*.

Our brilliant app puts the plan at your fingertips. There's access to virtually every healthy living tool you can imagine. Find out more in the Quick Fire Getting Started Guide in your pack, or check out our Weight Watchers app 'How to' videos in the Plan Basics section of the website.

* For subscribers

Shift your mindset.

Half the battle of losing weight is about being in the right frame of mind. It's not just about eating less and moving more – it's about shifting the way you think. Because if you think differently, you'll act differently.

Move More.

All we ask is that you find little pockets of time, 5 minutes will do for starters, and devote them to moving more. It's amazing what you can do in 5 minutes and the benefits are simply awesome.

CHOOSE YOUR *approach*

There are 2 ways to follow SmartPoints® and SmartStart gives you a mix & match menu plan for each approach:

Count

You have a daily SmartPoints allowance which you can spend on whatever you like. Nothing is off limits – it's all about freedom and flexibility.

Go to page 08.

No Count

You focus your eating on a list of healthy foods and as long as you stick to the list there's no weighing, counting or tracking.

Go to page 24.

Like most of a meal but not one or two ingredients? Use the food lists in your Eat book or the app to find suitable swaps. Feel free to add in any zero SmartPoints value fruit & veg too.

Both approaches give you a weekly SmartPoints allowance. You can spend this on splurges, bigger portions or going out. Split them up over the week, save them all for the weekend, or don't use them at all. It's totally up to you.

Find out more on page 38.

SAY YES TO
THE FOOD YOU LOVE

“WHAT I LOVE ABOUT THE
WEIGHT WATCHERS PLAN
IS THAT I CAN STILL EAT
THE FOOD I LOVE, JUST
IN MODERATION.”



Nikki lost 9st 10lbs
in 2 years, 3 months





“AS THE POUNDS FELL OFF I LEARNED MORE THAN HOW TO COOK MEALS FROM SCRATCH – I LEARNED TO PUT MYSELF FIRST AND LOOK AFTER MY EMOTIONAL HEALTH TOO.”



Anabel lost 7st in 2 years, 8 months

SHIFT YOUR mindset

What you think determines how you feel, and how you feel determines what you do. A shift in your mindset will help you gain greater self-awareness to make different choices, so you can achieve your goals and become a happier, healthier you.

At your meeting and on our website you'll pick up loads of skills and techniques that help you make that shift, strengthen your resilience, keep yourself motivated, make better choices, and keep going when the going gets tough. Throughout your journey you'll hone these techniques so that living your best life becomes second nature, but here are some quick wins you can get started with straight away.

Keep a journal.

Writing down the good things that happen makes us more appreciative.

Go to bed earlier.

Fact is, we're healthier and happier when we're well rested.

Listen to music.

It has the amazing ability to shift your mood and alter your feelings instantly.

Drink more water.

It helps keep your body and brain running at peak performance.

Unplug.

Take a short break from your smartphone and give your brain a little bit of quiet time to recharge.

SAY YES TO
FEELING GOOD

Count

SmartStart is completely fuss-free. All the breakfasts have a SmartPoints value of 6, lunches 9 and dinners 11. Just choose a meal, tuck in and start losing weight!

Milk allowance.

For good health, we've allowed 4 SmartPoints values a day for ½ pint of skimmed milk. Enjoy it in teas & coffees or as a drink on its own.

Daily SmartPoints allowance.

Along with the milk allowance, these meals add up to a total of 30 SmartPoints values. If your daily SmartPoints allowance is higher than 30, you'll need to add some extras to these mix & match menu plans, to get to your daily total. There's a handy list of extras on page 22.

Weekly SmartPoints allowance.

You also get a weekly SmartPoints allowance to spend on splurges, bigger portions or going out. Find out more on page 38.

**SAY YES_{TO}
A GREAT START**

"MY LEADER SAID
THAT PEOPLE OFTEN
LOSE MORE WEIGHT
IN THEIR FIRST WEEK
BUT EVEN SO, MY 6LB
WEIGHT LOSS WAS A
JAW-DROPPER, AND SO
MOTIVATING."



Louise lost 2st 1lb
in 5 months





Breakfasts

All serve 1 unless otherwise stated.



Ready in 5

V Toast & jam

2 slices Weight Watchers Thick Sliced Bread (White, Wholemeal or Grained), toasted. Spread with 1 tsp low fat spread and 2 tsp low calorie jam.

V Cereal & fruit

35g of Cornflakes or 2 Weetabix or 2 Shredded Wheat with $\frac{1}{4}$ pint skimmed milk.

ADD FRESH FRUIT: It makes your cereal more filling and adds lovely natural sweetness for 0 SmartPoints.



Make it. Take it.

V Bagel thin with peanut butter

Split and toast 1 bagel thin and spread with 1 tsp peanut butter. If you like, add a sliced banana for zero SmartPoints values.

Weekender

Ham & egg thins

Split and toast 1 wholemeal sandwich thin. Fill a small pan with boiling water, add 1 medium egg, in its shell, for 20 seconds, then lift out. Crack the egg into the water and simmer gently for 2-3 mins, or until cooked to your liking. Meanwhile, spread the thin with 30g quark and top with sliced tomatoes, basil leaves and 50g wafer thin ham. Lift the egg out with a slotted spoon, rest on some kitchen paper, and then place on top of the toasted thin. Season and tuck in.



The big English

Put 1 medium reduced-fat pork sausage under a pre-heated grill. After 5 minutes, turn the sausage and add 2 bacon medallions, some button mushrooms and cherry tomatoes. Grill for another 5 minutes, turning the bacon once. Meanwhile, spray a non-stick frying pan with calorie controlled cooking spray, heat for a few seconds then crack in 1 medium egg. Cook over a medium heat for 2-3 mins to set, then finish off under the grill while you plate up. Season and serve with a small handful of watercress and 1 toasted slice Weight Watchers Sliced Danish Bread (White, Malted or Brown) spread with ½ tsp low fat spread.

V Swap the sausage & bacon for 2 Quorn Meat Free Sausages, cooked as pack instructions.



You'll find lots more meal and recipe inspiration online & on the app*.

* For subscribers



Lunches

All serve 1 unless otherwise stated.

Make it. Take it.

V Mediterranean pitta

In a small bowl, mix together 1 ripe tomato (chopped), 1" chunk cucumber (chopped), ½ red pepper (chopped), a few olives (halved), 30g feta cheese (crumbled) and a squeeze of lemon juice. Season to taste. In another small bowl, mix together 30g reduced fat houmous and 30g 0% fat natural Greek yogurt. Split 1 Weight Watchers High Protein White & Wholemeal Pitta Bread, spread with the houmous mixture and spoon in the salad.

Tuna & sweetcorn salad

Cook 50g pasta shapes to pack instructions, drain in a colander and rinse through with cold running water until cool. Meanwhile, flake 1 small can tuna in spring water (drained) into a large bowl and add 50g sweetcorn (drained), 1 tbsp reduced fat mayonnaise and a splash of water (about 2 tsp). Mix well, then add the pasta and mix again. Stir through some chopped veggies (we used cherry tomatoes, cucumber, spring onions and green pepper). Pile some lettuce leaves into your lunch-box and then add the pasta mix.

Tip: You can make this the night before and store in the fridge.



Ready in 15

Cobb salad **GF**

Boil a medium egg for 5 mins, drain and cool under running water, then peel and halve. Mist a frying pan with calorie controlled cooking spray and put over a medium heat. Add 2 bacon medallions (chopped) and cook, stirring, for 5 minutes or until crisp. Chop a little gem lettuce and place on a plate with the bacon, ¼ avocado (peeled, stoned and diced), ½ a cooked skinless chicken breast (cubed), cherry tomatoes (halved) and the egg. Drizzle with 1 tbsp reduced-fat salad dressing. Serve with a slice (25g) calorie controlled brown bread.

V Swap the chicken for 50g Quorn Chicken Style Slices, swap the bacon for 30g Quorn Bacon Rashers. Cooked as per pack instructions.

Speedy tortilla pizza

Preheat grill. Place 1 tortilla wrap on a baking tray and spread thinly with 1 tbsp tomato purée all the way to the edges. Scatter 50g cooked skinless chicken breast chunks over the tortilla. Follow with 20g grated half-fat mature cheese, 30g sweetcorn (drained), 4 halved cherry tomatoes and a few torn basil leaves. Season. Grill for 3-5 mins until the cheese is bubbling. Cut into slices and tuck in.

V Swap the chicken for 50g Quorn Deli Style Chicken Style Slices.

You'll find lots more meal and recipe inspiration online & on the app*.

* For subscribers



3 Course Lunch

Soup, roll and a bar

Bowl of Roasted Butternut Squash Soup (recipe on page 59 of your Eat book)

Split a medium bread roll and spread with 75g low fat soft cheese. Top with 3 slices wafer thin ham (or chicken), lettuce and cucumber.

Any Weight Watchers Bar with a SmartPoints value of 2.

Weekender

Sticky sausage open sarnie with crisps

Serves 2. Preheat oven to 200°C, fan 180°C, gas mark 6. Put 3 medium reduced-fat pork sausages and 1 red onion (cut into thin wedges) in a small roasting tin, drizzle with 1 tsp olive oil and bake for 25 mins, turning occasionally, until golden brown and cooked through. Dot the sausages and onions with 2 tbsp redcurrant jelly and sprinkle with a pinch of chilli flakes. Bake for another 5 mins, until sticky. Chop the sausages up into chunky pieces. Divide the sausage & onion between 2 (25g) slices calorie controlled brown bread. Scatter with rocket leaves. Serve with 1 bag of Weight Watchers Savoury Snacks (any flavour).

V Swap the sausages for Quorn Meat Free Sausages, cooked as per pack instructions.

V Mushroom frittata & a bar

Serves 2. Preheat grill. Heat 1 tsp olive oil in an oven-proof frying pan over a medium-high heat. Add 100g mushrooms (sliced) and fry for 2 mins until softened. Stir in a bag of spinach (washed & ready to use) and cook for a min or 2 until it wilts. Season well. Reduce the heat. Beat 4 medium eggs in a bowl and pour them into the frying pan, shaking to spread. Cook for 3 mins without turning until the eggs are starting to set. Sprinkle over 50g grated half fat mature cheese and place the pan under the grill for 2 mins or until the cheese starts to bubble. Serve half the frittata per person with a big green salad. Finish with a 2 SmartPoints Weight Watchers Bar*.

TIP: This is delicious cold, so you could save half for tomorrow.





Dinners

All **serve 1** unless otherwise stated.

Supper in a Hurry

Ham & pea pasta

Serves 2. Cook 125g pasta shapes to pack instructions. Just before draining, add 50g frozen peas. Save a cup of cooking water when you drain the pasta & peas.

Meanwhile, beat 1 egg in a bowl, season and stir through 25g grated Parmesan cheese.

Tip the drained pasta and peas back into the hot pan and stir through the egg mixture, 2 tbsp of the reserved cooking water and 50g premium ham (chopped). The heat in the pan should cook the egg lightly; if not, heat gently for a min. Divide into 2 bowls and serve with a tomato and red onion salad.



V Cheesy beans on toast

Toast 2 slices of Weight Watchers Thick Sliced Wholemeal Bread. Warm 1 small can baked beans. Pour the beans over the toast and sprinkle over 30g grated half-fat mature cheese.

You'll find lots more meal and recipe inspiration online & on the app*.

* For subscribers

Can't cook. Won't cook.

Weight Watchers ready meal

Any Weight Watchers ready meal with a SmartPoints value of 8. You could try Chicken, Leek & Mushroom Pie, Hunters Chicken & Spicy Rice, Italian Bolognese Bake, Lincolnshire Sausage & Root Vegetable Mash or Spicy Jerk Chicken & Coconut Rice. Cook according to pack instructions. Serve with a salad or steamed veggies. Finish with a Weight Watchers Bar with a SmartPoints value of 3.

Curry Night

Chicken jalfrezi & rice

Serves 4. Heat a lidded non-stick saucepan over a medium heat. Add 1 tbsp olive oil and stir-fry 2 chopped onions for 5 mins, stirring occasionally. Add 1 sliced red pepper, 2 crushed garlic cloves and a 1" chunk ginger, grated. Continue frying for 3-5 mins until the veggies have softened. Chop 4 skinless, boneless chicken breasts into chunks and add them to the pan. Cook for 5 mins, stirring regularly, until starting to brown. Add a sliced green pepper and a de-seeded, sliced green chilli. Cook for another 2 mins, stirring regularly. Add 1 tsp medium curry powder, 1 tsp cumin seeds and 400g passata. Stir and bring to the boil. Reduce the heat and simmer, part-covered, for 10 mins or until the chicken is cooked through. If it feels too dry, add a splash of water. Season to taste.

When you're ready to serve, warm 2 x 250g pouches microwave basmati rice according to pack instructions. Warm 4 poppadoms. Make a raita by squeezing the juice of ½ lemon into a small pot 0% fat Greek yogurt. Serve ½ pouch rice per person, with ¼ of the curry, 1 poppadom, 1 tsp mango chutney and a dollop of raita.



Sunday Roast

Roast beef & all the trimmings

Serve 150g lean roast beef (sliced from a joint of roasted lean beef); roast potatoes (made with 110g of potatoes, parboiled, then roasted in 1 tbsp olive oil); 1 small individual Aunt Bessie's Yorkshire Pudding; 50ml gravy made from gravy granules; and as many steamed vegetables as you like.

TIP: Swap the beef for either 190g lean roast pork, 125g lean roast lamb or 250g skinless chicken (light meat only).

Family Favourites

Toad & gravy

Serves 4. Preheat oven to 200°C, fan 180°C, Gas Mark 6. Preheat grill to medium-high and cook 8 medium reduced-fat pork sausages for 15 mins, turning twice until cooked through. Meanwhile, whisk together 125g plain flour, 2 eggs and 200ml skimmed milk. Heat a non-stick frying pan with ½ tbsp sunflower oil and add 300g halved shallots (or chopped onions). Cook over a medium heat for 10 mins until softened and golden. Pour 1½ tbsp oil into a 23cm square roasting tin (or similar) and heat in the oven for 3-4 mins until very hot. Take the tin out of the oven and place over a medium heat. Add sausages, shallots and a few sage leaves and then pour in the batter. Put back in the oven and bake for 25-30 mins until golden and risen. Make the gravy by whisking 2 tsp gravy granules into 200ml boiling water until smooth and thick. Stir in 1 tsp wholegrain mustard. Divide the toad between 4 plates, serve with the gravy and loads of steamed green veggies.

V Swap the sausages for 10 Quorn Meat Free Sausages.

Chilli con carne with rice **GF**

Serves 4. Heat a large pan over a medium heat. When hot, mist with calorie controlled cooking spray and add 450g lean steak mince. Increase the temperature and cook for 5 mins, stirring, until the mince is browned all over. Stir in 1 finely sliced onion, 2 crushed garlic cloves and 1 chopped red pepper, and cook for 5 mins until the onion starts to soften. Stir in 1 tbsp mild chilli powder and 1 tsp ground cumin, and cook for 1 min. Then add 1 x 400g tin chopped tomatoes and 200g red kidney beans (drained and rinsed). Crumble in a beef stock cube (ensure gluten free), add 250ml boiling water and stir. Season to taste, reduce the heat and then cook for 25-30 mins, stirring occasionally. Meanwhile cook 250g rice according to pack instructions. Serve the chilli and rice topped with 1 tbsp low fat plain yogurt per person.

V Swap the beef mince for 500g Quorn mince.



STAY SATISFIED WITH *zero heroes*

We don't believe in going hungry – so if you need some extras in between meals, fill up on these gorgeous zero heroes.

Fruit & Veg

Most fruits and vegetables are zero SmartPoints so they are always a good choice. They're super-easy for when you're on the go, or keep a tub of chopped fruit & veg in the fridge to have whenever you need it.

Zero Hero Soup

Make a batch of delicious Roasted Butternut Squash Soup – you'll find the recipe on page 59 of your Eat book.

Zero Hero Curry

Our veggie curry is a doddle to make – warm a bowl up whenever you get the munchies.

Makes 4 servings.

Onion, finely chopped
1 garlic clove, crushed
1 tbsp curry powder
Calorie controlled cooking spray
2 carrots, sliced
100g cauliflower florets
1 courgette, sliced
100g mushrooms, sliced
1 red pepper, chopped
100g broccoli
400g tin tomatoes
500ml vegetable stock
1 tbsp tomato purée
Salt and black pepper

Sauté the onion, garlic and curry powder in the cooking spray for 3 mins. Add the carrot and cauliflower and cook for a further 2 mins. Add the remaining ingredients, bring to the boil and simmer for 20 mins until all the vegetables are tender. Season to taste.

Cool any leftover curry as quickly as possible, then store in the fridge in a covered container for up to 4 days, reheating thoroughly when required.

Something Sweet?

Sugar-free jelly – doesn't get easier than that!



Add extras



The Count approach menu plans in this book, including a ½ pint of skimmed milk, add up to a total of 30 SmartPoints a day.

If your daily SmartPoints allowance is higher than 30, you'll need to add some extras to these mix & match menu plans, to get to your daily total.

And no matter what your daily SmartPoints allowance is, you also have a **weekly allowance** to spend on splurges – more on page 38.

Here's a starter list of 'extras' to get you started. You'll find more foods in the SmartPoints Food List on page 103 of your Eat book.



Bacon, medallions, raw, 2 rashers, 40g
Low fat cheese triangles, 2 pieces, 28g
Low fat spread, 1 tsp, 5g
Reduced fat mayonnaise, 1 tbsp, 15g
Wafer thin chicken, 2 slices, 46g
Wafer thin ham, 2 slices, 46g



Butter, 1 tsp, 5g
Chicken breast, skinless, grilled, 1 serving, 120g
Egg, boiled or poached, 1 medium, 52g
Light cream crackers, 3 individual, 21g
Melba toast, 6 slices, 21g
Pork sausages, reduced-fat, grilled, 1 medium, 40g
Potato salad, 1 tbsp, 45g
Reduced fat houmous, 1 tbsp, 30g
Rice cakes, 3 individual, 21g

Rich tea biscuit, 2 individual, 14g
Smoked salmon, 1 portion, 60g
Tomato ketchup, 2 tbsp, 30g
Turkey breast fillet, grilled, 1 serving, 150g
Weight Watchers Barbecue Savoury Snacks, 1 pack, 20g
Weight Watchers Cheese & Onion Savoury Snacks, 1 pack, 19g
Weight Watchers Chocolate Brownie Bar, 1 bar, 18g
Weight Watchers Chocolate Orange Crisp Bar, 1 bar, 18g
Weight Watchers Crispy Chilli & Lime Chickpea Shells, 1 pack, 17g
Weight Watchers Crispy Cookie Bar, 1 bar, 18g
Weight Watchers Fruit Bears, 1 bag, 40g
Weight Watchers Garlic & Herb Breadsticks, 1 pack, 16g
Weight Watchers Ready Salted Crinkle Crisps, 1 bag, 16g
Weight Watchers Roast Chicken Flavour Crinkle Crisps, 1 bag, 16g
Weight Watchers Salted Pretzels, 1 pack, 17g



Weight Watchers Sour Cream & Chive
Crinkle Crisps, 1 bag, 16g
Weight Watchers Sour Cream & Chive Lentil Curls,
1 pack, 17g
Weight Watchers Sticky Toffee Bar, 1 bar, 18g



Brown sandwich thins, 1 thin, 39g
Cream crackers, 3 individual, 21g
Jam, 1 heaped tsp, 18g
Lemon sorbet, 1 scoop, 60g
Marmalade, 1 heaped tsp, 18g
Peanut butter, 1 serving, 15g
Pistachios, 15 individual, 15g
Porridge oats, 1 serving, 30g
Salted popcorn, 1 portion, 25g
Scotch pancake, 1 individual, 28g
Weight Watchers Rich Toffee Bar, 1 bar, 19g



Bombay mix, 1 serving, 30g
Crisps, any flavour, 1 bag from a multipack, 25g
Crumpet, 1 individual, 60g
Drinking chocolate (powder), 1 tbsp, 20g
Fat-free fruit yogurt, 1 pot, 150g
Low fat chocolate mousse, 1 pot, 65g
Low fat digestives, 2 individual, 26g
Low fat ice cream, 1 scoop, 60g
Malt loaf, 1 small slice, 35g
Milk chocolate, 2 squares, 14g
Red wine, 1 medium glass, 175ml

Soft brown bread roll, 1 medium, 60g
Soft white bread roll, 1 medium, 60g
Sweet popcorn, 1 portion, 25g
White French stick, ½ individual, 50g
Weight Watchers Chocolate Mini Rolls,
1 individual, 22g
Weight Watchers High Protein Seeded Wraps
with added British Quinoa, 1 individual, 50g
Weight Watchers High Protein White &
Wholemeal Pitta Bread, 1 individual, 57g
Weight Watchers White Wraps,
1 individual, 50g



Baked beans, 1 small can, 205g
Crusty bread roll, 1 medium, 65g
Halloumi, 1 serving, 40g
Lemonade, 1 can, 330ml
Raisins, 1 heaped tbsp, 30g
Vegetable soup, 1 can, 400g
White wine, medium or dry,
1 medium glass, 175ml



Bagel, 1 individual, 80g
Couscous, dry, 1 serving, 60g
Egg noodles, dry, 1 serving, 60g
Fruit juice, 1 medium glass, 250ml
Jelly ready to eat, 1 small pot, 125g
Low fat fruit yogurt, 1 pot, 150g
Naan bread, ½ medium, 70g
White long grain rice, dry, 1 serving, 60g

No Count

SmartStart is completely fuss-free. Choose a meal, tuck in and start losing weight.

Milk allowance.

For good health, include ½ pint of skimmed milk every day. Enjoy it in teas & coffees or as a drink on its own.

Oil allowance.

With the No Count approach you can also have up to 2 tsp a day of healthy oil (olive, sunflower, safflower, flaxseed or rapeseed) to use as you like. You don't need to take these out of your weekly allowance. We've included it in a couple of the meals, but you could also use it to dress a side salad, or to roast some veggies.

Weekly SmartPoints allowance.

You also get a weekly SmartPoints allowance to spend on splurges, bigger portions or going out. Find out more on page 38.

The key to success.

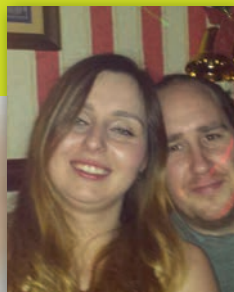
The key to success with No Count is to listen to your body's hunger signals and to eat until you are satisfied – not stuffed, not starving, just comfortably full.

**SAY YES^{TO}
A GREAT START**



Want to know more? Check out 'No Count know-how' on page 11 of your Eat book.

"I SWAPPED CRISPS
FOR FRUIT, AND PIES
FOR STIR-FRIES.
AND IN THE FIRST
WEEK ALONE I LOST
7LBS – RESULT."



Leanne lost 3st
in 5 months





Breakfasts

All serve 1 unless otherwise stated.



Ready in 5

V Yogurt & fruit **GF**

Bowl of 0% fat natural Greek yogurt, topped with fruit.

***TIP:** Fresh fruit adds lovely natural sweetness and helps you feel fuller for longer.*

V Cereal & fruit

Shredded Wheat or plain puffed wheat with skimmed milk, topped with lots of fruit.



Make it. Take it.

V Overnight oats

The night before, layer ingredients in a clean lidded jar. Porridge oats first, fat-free natural fromage frais in next (try and have a similar depth of oats and fromage frais). Top with fruit. Put the lid on and refrigerate overnight. Take it with you the next morning and stir to combine the layers before you tuck in.

***Tip:** Frozen fruit works really well; it thaws overnight releasing its delicious juices into the oats.*

Weekender

Breakfast wrap

Mist a frying pan with calorie controlled cooking spray and put over a medium heat. Add 2 bacon medallions and 5 cherry tomatoes (halved). Cook for 3-4 mins on each side until the bacon is golden brown and the tomatoes have softened.

In a small bowl, beat an egg with 1 tbsp skimmed milk. Pour into a small saucepan and cook over a medium heat, stirring, until set. Warm a Weight Watchers Wrap (High Protein Seeded or White) on a plate in the microwave for 20 secs. Top the wrap with the bacon and tomatoes. Spoon the egg into the middle, add a handful of baby spinach leaves and fold in half to serve.



The big English

Preheat the grill. Put 3 bacon medallions, button mushrooms and cherry tomatoes onto a grill rack. Cook for 5 mins, turning the bacon once. Meanwhile, spray a non-stick frying pan with calorie controlled cooking spray, heat for a few seconds then crack in 1 egg. Cook over a medium heat for 2-3 mins to set, then finish off under the grill while you plate the bacon and tomatoes. While the eggs are cooking, toast 1 crumpet and warm a small tin of baked beans. Season with black pepper and serve.

V Swap the bacon for Quorn Bacon Rashers.



You'll find lots more meal and recipe inspiration online & on the app*.

* For subscribers



Lunches

All serve 1 unless otherwise stated.

Make it. Take it.

Tuna, pasta & bean salad

Cook wholewheat pasta to pack instructions, drain in a colander, rinse through with cold running water until cool, then tip into a large bowl. Flake tuna in spring water (drained) over the pasta with canned mixed beans (drained and rinsed) and slices of red onion. Finish with chopped herbs, lemon zest, and a squeeze of lemon juice. Season to taste and add a bit more lemon juice if it needs it.

Make once – eat twice! This hearty salad keeps well in the fridge for up to 2 days.

Ham salad wrap

Spread a Weight Watchers White Wrap with natural fat-free fromage frais and season. Lay lettuce leaves over the wrap and top with slices of wafer thin ham (or chicken). Roll the wrap carefully then wrap in greaseproof paper and slice in half.

TIP: Add carrot and pepper batons and a small tub of fat-free tomato salsa for delicious crunch.

V Swap the chicken for Quorn Deli Style Wafer Thin Ham Style Slices.



Ready in 15

Chicken pitta pockets

Mix 2 tbsp fat-free natural yogurt with 1 tsp vinegar and a pinch of paprika in a large bowl. Cut a cooked skinless chicken breast into chunks and add to the bowl with some chopped veggies (we used ½ sliced red onion, halved cherry tomatoes and sliced cucumber). Stir to combine and season to taste. Toast 1 or 2 Weight Watchers High Protein White & Wholemeal Pitta Breads and stuff with the chicken mixture.

V Swap the chicken for Quorn Chicken Tikka Sliced Fillets.



Turkey club sandwich

Lightly toast 3 slices calorie controlled brown bread. Mix together 2 tbsp quark, 1½ tsp Dijon mustard and a squeeze of lemon juice. Season to taste. Spread one slice of toast with half the quark mixture, skinless sliced turkey, cooked bacon medallions, sliced tomato and lettuce. Top with another slice of toast and add another layer of turkey, bacon, tomato and lettuce. Place the final piece of toast on top and cut in half to serve.



You'll find lots more meal and recipe inspiration online & on the app*.

* For subscribers

3 Course Lunch

Soup, sandwich and fruit

Bowl of Roasted Butternut Squash Soup (recipe on page 59 of your Eat book)

Split a brown sandwich thin and spread with quark. Top with wafer thin ham (or chicken), lettuce and cucumber.

A banana (or any fruit you choose).

V *Swap the quark & ham for fat-free cottage cheese.*

Weekender

Chicken & pineapple stir-fry

Serves up to 2. Spray a wok or large frying pan with calorie controlled cooking spray. Heat until very hot, then add 2 skinless chicken breasts, cut into strips. Stir-fry for 5 mins until well browned, then remove and set aside. Spray the wok again and add 2 spring onions (sliced), 1 red pepper (chunked), and 120g fresh pineapple (chopped). Stir-fry for 2-3 mins. Reduce the heat and add 1 red chilli (de-seeded and finely chopped), 1cm-piece fresh ginger (grated) and a big pinch of Chinese five spice powder. Stir-fry for another 1-2 mins. Return the chicken to the pan and add 1 tbsp light soy sauce and stir-fry for a final min. Serve with cooked brown basmati rice and top with slices of spring onion.

V *Swap the chicken for Quorn pieces or tofu.*

Classic burger

Makes 2 burgers. In a medium bowl, mix together 125g extra lean beef mince, ¼ onion (grated finely), pinch of dried thyme and a dash of Worcestershire sauce. Season and shape the mixture into 2 patties.

Make a mustard sauce by mixing together ½ tbsp grainy mustard, 1 tbsp quark, ¼ apple (grated finely) and a dash of Worcestershire sauce. Season to taste.

Preheat the grill. Cook the burgers for 4-5 mins on each side until golden and cooked through. Serve immediately in toasted split brown sandwich thins, with the mustard sauce, some lettuce and sliced tomatoes.





Dinners

All serve 1 unless otherwise stated.

Supper in a Hurry

Jacket, beans & crispy bacon

Split a baked potato and fill with baked beans (add a dash of Tabasco if you like it hot). Top with shards of crispy bacon medallions (fried in calorie controlled cooking spray until golden).

V Swap the beans & bacon for Fruity Coleslaw (see page 55 of Eat).



V Chilli chickpea pasta

Serves up to 4. Cook 250g wholewheat pasta shapes to pack instructions. Drain and return to the pan. Meanwhile, mist a large non-stick frying pan with calorie controlled cooking spray and put over a medium heat. Add 1 red onion (finely chopped) and cook, stirring, for 5 mins, or until softened. Add 2 garlic cloves (crushed), zest and juice of ½ lemon and 1 red chilli (de-seeded and finely chopped). Cook, stirring, for 30 seconds, then add 1 x 400g tin chickpeas (drained and rinsed), 400g Tenderstem broccoli (trimmed) and 100ml vegetable stock (made with ½ stock cube). Bring to the boil, then reduce heat, cover and cook for 2 mins until the broccoli is tender. Pour the mixture over the pasta, season and scatter over 100g rocket. Stir to mix before serving.

TIP: Leftovers are lovely at room temperature the next day (keep in fridge overnight and take out half an hour before you want to eat).

Can't cook. Won't cook.

Weight Watchers ready meal

Any Weight Watchers ready meal that's suitable for No Count, such as Chicken, Leek & Mushroom Pie, Hearty Cottage Pie or Spanish Chicken & Bean Stew.

Cook according to pack instructions. Serve with steamed veggies.

Curry Night

Pork vindaloo-style

Serves up to 2. Heat a wok or large non stick frying pan over a high heat. Spray with calorie controlled cooking spray, add 250g lean pork loin steak (cut into thin strips) and cook for 2 mins until starting to brown. Turn and cook for another 2 mins until cooked through. Transfer to a plate.

Reduce the heat slightly, spray again and add 1 onion (thinly sliced). Stir-fry for 1 min then add 1 red pepper (sliced), 3 garlic cloves (crushed), and 2.5cm fresh root ginger (sliced thinly). Stir-fry for 1 min.

Add 1 tsp cumin seeds, 1 tsp ground coriander, ½ tsp turmeric, 2 tsp tomato purée, a pinch of artificial sweetener, 2 tsp white wine vinegar, ½ vegetable stock cube and ¼ tsp chilli flakes. Stir then return the pork to the wok and stir-fry for another min. Season with black pepper and sprinkle with coriander.

Serve with brown basmati rice (cooked to pack instructions) and 1 tbsp of 0% fat natural Greek yogurt per serving.



Sunday Roast

Roast chicken & sides

Roast chicken – a generous serving of light meat without skin. Roast potatoes (chop, par boil, toss in 2 tsp healthy oil and roast in a non-stick tin). Steamed vegetables – as much as you like. Serve with No Count Mushroom Sauce (recipe on page 74 of your Eat Book).

TIP: Swap the chicken for any other meat from the No Count food list, such as lean beef, lean pork or skinless turkey.

Family Favourites

Lemony salmon with couscous

Serves up to 4. Put 4 salmon fillets in a large shallow bowl and drizzle with the juice of 1 lemon (save the lemon as you'll use the zest later). Leave to marinate for 5 mins. Preheat grill to medium and line grill pan with foil. Grill the salmon, turning occasionally, for 8–10 mins, or until just cooked through. Meanwhile, cook 160g dried wholewheat couscous following packet instructions. Fluff it up with a fork, season and add lemon zest, a squeeze of lemon juice and 1 tsp extra virgin olive oil. Add tomato wedges, cucumber slices, onion slithers and some fresh coriander to the couscous and stir. Serve one salmon fillet per person, with the couscous salad.

Chicken & potatoes

Serves up to 4. Heat 2 tsp of healthy oil in a non-stick frying pan over a medium-high heat. Season 4 skinless, boneless chicken breasts, place in the pan and cook for 2-3 mins per side. Add 4 smoked bacon medallions cut into strips and a packet of trimmed green beans. Cook for 8-10 mins, turning the chicken, bacon and beans until golden and crispy. If the bacon is cooking too quickly, put it on top of the chicken.

Meanwhile, boil some new potatoes until tender. Once the chicken is cooked, transfer the contents of the frying pan to a dish and keep warm. Add 250g halved cherry tomatoes to the pan and increase heat to high. Add a splash of water and cook for a few mins until they soften. Add 2 tbsp balsamic vinegar, bring to the boil, season, stir and take off the heat.

Serve the chicken topped with the bacon, beans, tomatoes and potatoes.

You'll find lots more meal and recipe inspiration online & on the app*.

* For subscribers





STAY SATISFIED WITH *No Count*

We don't believe in going hungry, so if you need some extras in between meals, anything on the No Count list is up for grabs. But remember, the key is to listen to your body's hunger signals. Eat until you're satisfied – not stuffed, not starving, just comfortable.

Fruit & Veg

Most fruits and vegetables are on the No Count list so they are always a good choice. They're super-easy for when you're on the go, or keep a tub of chopped fruit & veg in the fridge to have whenever you need it.



Zero Hero Soup


Make a batch of delicious Roasted Butternut Squash Soup – you'll find the recipe on page 59 of your Eat book.




Zero Hero Curry

Our veggie curry is a doddle to make. Recipe on page 20 – warm a bowl up whenever you feel the munchies.

A few of our favourite **No Count** snacks



Toasted
crumpet with
marmite



Popcorn
(plain, no
added oil)



Fruit pot
(drained)




Sugar-free
jelly



Soft boiled egg
with Weight Watchers
Pitta dippers



Seafood
sticks



Fat-free
natural yogurt
with fruit



Veg crudités
with reduced-fat
cottage cheese

SPENDING YOUR WEEKLY *SmartPoints* ALLOWANCE

On both approaches, Count and No Count, you have a weekly SmartPoints allowance. Here's what you could do with a weekly SmartPoints allowance of 28:



1
SmartPoints
value

½ box of Weight
Watchers Sweets



2
SmartPoints
value

Bag of French Fries
(from multipack)



6
SmartPoints
value

Skinny Cow Mint
Double Chocolate





5
SmartPoints
value

½ avocado



2
SmartPoints
value

Weight Watchers Bar



2
SmartPoints
value

1 Jaffa cake



5
SmartPoints
value

M&S sushi pack



5
SmartPoints
value

175ml
glass of
white wine



For more inspiration, see the food list at the back of your Eat book, check out our awesome app (for subscribers) or our genius Shop guide.

STOCK UP FOR *success*

To make your SmartStart as easy as possible, we've put together a shopping list for each approach. We've included the main ingredients for each meal; once you've chosen your meals, tick the items you'll need from this list and head to the shops!

Count shopping list

- | | |
|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| <input type="checkbox"/> 0% fat natural Greek yogurt | <input type="checkbox"/> Microwave basmati rice |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Olives |
| <input type="checkbox"/> Bacon medallions or Quorn deli style bacon style rashers | <input type="checkbox"/> Parmesan cheese |
| <input type="checkbox"/> Bagel thins | <input type="checkbox"/> Passata |
| <input type="checkbox"/> Baked beans | <input type="checkbox"/> Pasta |
| <input type="checkbox"/> Calorie controlled cooking spray | <input type="checkbox"/> Peanut butter |
| <input type="checkbox"/> Cereal – Cornflakes, Shredded Wheat or Weetabix | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Poppadoms |
| <input type="checkbox"/> Feta cheese | <input type="checkbox"/> Quark |
| <input type="checkbox"/> Fresh fruit | <input type="checkbox"/> Redcurrant jelly |
| <input type="checkbox"/> Fresh veg, including salad veg, peppers, onions, mushrooms | <input type="checkbox"/> Reduced fat houmous |
| <input type="checkbox"/> Gravy granules | <input type="checkbox"/> Reduced fat mayonnaise |
| <input type="checkbox"/> Half-fat mature Cheddar cheese | <input type="checkbox"/> Reduced fat salad dressing |
| <input type="checkbox"/> Herbs & spices, including garlic, ginger, chilli flakes, curry powder | <input type="checkbox"/> Reduced fat pork sausages, or Quorn equivalent |
| <input type="checkbox"/> Lean steak mince or Quorn mince | <input type="checkbox"/> Roasting beef joint |
| <input type="checkbox"/> Low calorie jam | <input type="checkbox"/> Skimmed milk |
| <input type="checkbox"/> Low fat soft cheese | <input type="checkbox"/> Skinless chicken breasts |
| <input type="checkbox"/> Low fat spread | <input type="checkbox"/> Sweetcorn |
| <input type="checkbox"/> Mango chutney | <input type="checkbox"/> Tortilla wraps |
| | <input type="checkbox"/> Tuna, tinned in spring water |
| | <input type="checkbox"/> Wafer thin ham, or Quorn equivalent |

- | | |
|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| <input type="checkbox"/> Weight Watchers bars (available to buy in your meeting) | <input type="checkbox"/> Weight Watchers Thick Sliced or Sliced Danish Bread |
| <input type="checkbox"/> Weight Watchers High Protein White & Wholemeal Pittas | <input type="checkbox"/> Wholegrain mustard |
| <input type="checkbox"/> Weight Watchers ready meal | <input type="checkbox"/> Wholemeal sandwich thins |
| <input type="checkbox"/> Weight Watchers Savoury Snacks (available to buy in your meeting) | <input type="checkbox"/> Yorkshire puddings |

No Count shopping list

- | | |
|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| <input type="checkbox"/> 0% fat natural Greek yogurt | <input type="checkbox"/> Quark |
| <input type="checkbox"/> Artificial sweetener | <input type="checkbox"/> Roasting chicken |
| <input type="checkbox"/> Bacon medallions | <input type="checkbox"/> Salmon fillets |
| <input type="checkbox"/> Baked beans | <input type="checkbox"/> Shredded Wheat or plain puffed wheat |
| <input type="checkbox"/> Balsamic vinegar | <input type="checkbox"/> Skimmed milk |
| <input type="checkbox"/> Brown basmati rice | <input type="checkbox"/> Skinless chicken breasts |
| <input type="checkbox"/> Brown sandwich thins | <input type="checkbox"/> Soy sauce |
| <input type="checkbox"/> Calorie controlled cooking spray | <input type="checkbox"/> Tinned chickpeas |
| <input type="checkbox"/> Crumpets | <input type="checkbox"/> Tomato purée |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Tuna tinned in spring water |
| <input type="checkbox"/> Extra lean beef mince | <input type="checkbox"/> Veg stock cubes |
| <input type="checkbox"/> Fat-free natural fromage frais | <input type="checkbox"/> Wafer thin ham, chicken, turkey or Quorn alternative |
| <input type="checkbox"/> Fresh fruit | <input type="checkbox"/> Weight Watchers High Protein White & Wholemeal Pittas |
| <input type="checkbox"/> Fresh herbs & spices | <input type="checkbox"/> Weight Watchers ready meal (No Count friendly) |
| <input type="checkbox"/> Fresh veg, including onions, mushrooms, cherry tomatoes, salad veg | <input type="checkbox"/> Weight Watchers Wraps |
| <input type="checkbox"/> Lean pork loin steaks | <input type="checkbox"/> Wholewheat couscous |
| <input type="checkbox"/> Mustard | <input type="checkbox"/> Wholewheat pasta |
| <input type="checkbox"/> Olive, sunflower, safflower, flaxseed or rapeseed oil | <input type="checkbox"/> Worcestershire sauce |
| <input type="checkbox"/> Porridge oats | |
| <input type="checkbox"/> Potatoes | |

“MY TOP TIP? STAY
FOCUSED. KEEPING
MY TARGET IN SIGHT
HELPED ME TO TRACK
EVERYTHING I ATE –
EVEN IF I’D MADE SOME
POOR FOOD CHOICES
THAT DAY, I KNEW THAT
I COULD ALWAYS START
AFRESH TOMORROW.”



Susan lost 4st 13lbs
in 10 months



TIPS FOR THE BEST EVER SmartStart

Plan ahead

Have a firm idea of what you're going to eat next. With SmartStart it's easy – just go through the meals and pick a breakfast, lunch and dinner. You can plan a day ahead or a week ahead – whatever works best for you. But knowing what you're going to have, and how much of it you're going to have, is a brilliant strategy for weight loss success.

Surround yourself with delicious, healthy food

Give your stocked fruit bowl pride of place in your kitchen. Fill your fridge with gorgeous healthy options and give your cupboards a clear out, putting the smart choices in your eye line and hiding any 'treats for the kids' out of sight.

Move a little bit more

Find a little pocket of time – 5 minutes will do for starters – and devote it to moving more. And when we say moving more, we mean doing something you enjoy. A walk around your local park, dancing around your living room to Abba Gold or doing leg lifts while you unload the dishwasher. It's all good for you.

Stay connected

We're in this together. We believe in you and we want to be your strongest ally. Your weekly meeting sets you up for success and we're here for you in between too. You can ask questions or get an extra motivation boost when you need it most with Expert Chat. And 'Connect', our social platform, thrives on positive energy, humour and candid conversation.

Be happy

Stop beating yourself up and start bigging yourself up instead. When you shift your mindset, celebrate your strengths and love who you are, positive change is so much easier. Commit to being kind to yourself, every single day, starting today.

BEYOND week one

SmartStart is designed to give you a quick and fuss-free introduction to healthy eating. And just by following it for a week, you'll start to pick up some smart habits and get into a rhythm of healthy, delicious eating.

Beyond week 1 you'll want to start adding more variety to your meals and personalise the plan to suit you and your life. And because we know that your success goes beyond just what you eat and what you weigh, we've got a truly holistic programme to help you succeed in losing weight and being your best self.



Everything you need to succeed with the simple SmartPoints system. Includes over 60 delicious breakfast, lunch and dinner ideas, yummy snacks, gorgeous sweet treats and a mine of information with tips, techniques strategies and foods lists. Dive in whenever you're ready!



This book helps you unlock your very own superpowers – so that positive choices stop being a battle and become natural and effortless. Happy people make healthier choices and Smile will encourage you to put yourself first, at least sometimes.



Our approach to 'moving more' is grounded in pleasure not pressure. It's not about finding yet another thing to add to your to-do list, but about finding little pockets of time that you can devote to moving more. It's amazing how much you can do in 5 minutes – and this book will show you how.





weight watchers

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