



Welcome.

Here at WW, we know the path to wellness is different for everyone. It's why our new program, *myWW*, is our most customisable program yet. In this cookbook, you'll find wholesome recipes as well as practical tips and advice from real WW members. Use it to find delicious meals that suit your lifestyle and preferences, and discover a healthier, happier you.

About WW

WW isn't just a brand, it's a community

WW has inspired millions of people to come together and begin a journey of positive, lasting change. Our goal is to help you create healthy habits that are both sustainable and backed by science, rather than restrictive diets or short-term fixes. Instead of following someone else's definition of healthy, WW gives you the opportunity to discover your own.

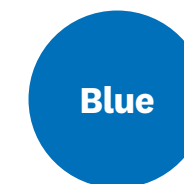


1 program, 3 ways to live it

We've made some exciting changes to our program that make it even more liveable and flexible to your needs. When it comes to losing weight and getting healthier, WW knows that what works for one person might not work for another. The answer? Three science-backed, proven plans that are tailored to fit individual needs and personal preferences. We've developed every recipe in this book to work for all plans, and we've given the SmartPoints® values up front for each.



Green guides you towards a sizeable amount of SmartPoints to spend on any food you choose and 100+ ZeroPoint foods, including fruits and vegies.



Blue guides you towards a moderate amount of SmartPoints to spend on any food you choose and 200+ ZeroPoint foods, including fruits, vegies and lean proteins.



Purple guides you towards a modest amount of SmartPoints to spend on any food you choose and 300+ ZeroPoint foods, including fruits, vegies, lean proteins and whole grains.



Victoria

myWW Blue

Weight loss: 16kg

Victoria joined WW to shed the baby weight gained over her second pregnancy.

The *myWW* program really resonates with me. It's not very time consuming and I don't have to cook separate meals for myself and my family. I'm a part-time registered nurse and my husband runs his own business, so between that and the two kids, we're very busy.

I love that I don't miss out on anything. I can still have a piece of cake at birthdays and weddings. A few friends didn't even know I was on the program! **That's the beauty of it, you can lose weight and still live your life.**

It's also very family-friendly. My two-year-old is quite fussy but I don't cook different food for him. My husband actually said when I'm on the program, everyone else eats better. You've got more fruit and vegies in the house, you're cooking healthier meals, and it just trickles down. It's worked really well for our family.

Going into the workshops really invigorates me for the week ahead. Some weeks you feel like throwing in the towel but then you go into a workshop and realise someone else is going through the same thing and it's not so bad. We're all in the same boat, we're all trying to be healthier, and we're all trying to be a better person within ourselves.

Follow Victoria's WW journey on her Instagram page [@victoria.on.ww](#).

The WW community is the biggest part of what keeps me going. It's so important to have that support and accountability, especially during those weeks when it's not so fantastic and you feel like throwing in the towel.





Wendy

myWW Purple
Weight loss: 25kg

New Zealand-based Wendy and her husband have lost over 35kg together!

I started a cooking page two years ago and when I joined WW I thought that would be the end of it, that I had to choose between my health and my cooking page. But I haven't had to cut anything out.

At home we still eat everything that we used to, it's just healthier. We actually eat better now on WW than we ever did before. **Just by eating what I make, my husband has lost 11 kilos and I've lost 25 kilos.**

We like to socialise and have people over for barbecues, and we can still do all that. *It's not a diet, it's a lifestyle.* If I'm going to eat out I know I can have ZeroPoint foods for breakfast and I can keep my SmartPoints for dinner.

The encouragement from the WW family has been great, every week there's that motivation. If you fall off the wagon, there's someone there to lift you up. Now I'm a WW Coach and I run 3 workshops, and I absolutely love it.

I believe in the WW program; it worked for me. Making healthier choices is a way of life in my home now. Even though I've reached my goal weight, I will always live this lifestyle.

Follow Wendy's WW journey on Instagram and Facebook @cooksisternz.



Making healthier choices is a way of life in my home now. Even though I've reached my goal weight, I'll always live this lifestyle.





Lisa

myWW Blue

Weight loss: 11kg

Lisa is a busy mum who loves to share her SmartPoint-friendly, gluten-free recipes.

I've never really been into diets, but WW is a lifestyle. It's a flexible way of living while being healthy and losing weight. You can still have chocolate or ice-cream, you just need to log the SmartPoints for that day. But since joining the program I eat less processed stuff and cook more whole foods. Everything is generally just cleaner and healthier.

Once I started seeing the weight coming off **it had a knock-on effect on the rest of my life. It improved my health, I had more energy** and I started going to the gym. My kids are really active and play a lot of basketball, and now that I have more energy, I can be more involved. And it gave me a more positive outlook. I'm generally happier within myself and more chilled with my family. I'm not at my goal weight yet but I'm enjoying the process of getting there.

Photography is one of my hobbies so I post my gluten-free meals on Instagram. And now, because I'm doing WW, I'm posting more healthy food, and including the SmartPoints values to help other people on WW who are also gluten free. I follow a lot of WW accounts on Instagram and I find the WW community very uplifting and understanding. Everyone is really supportive.

Follow Lisa's WW journey on her Instagram page [@iatemyglutenfreeplate](#).

There are a lot of recipes in the WW app that are already gluten free, or are easy to convert. I don't think I've ever found any recipe in the app that I couldn't make gluten free.





Selena

myWW Green
Weight loss: 36kg

Selena has managed to lose 36kg on WW while balancing a busy career with travel.

When I joined WW I felt like I had tried everything and nothing had worked for me in the past. I knew I had to do something so I made a commitment to myself to give it my best shot—and I started seeing results.

Since joining WW I have a lot more awareness of my portion sizes and am more creative with my cooking. I find that I need variety, so I'm often coming up with different things to try. I also make sure to incorporate ZeroPoint foods into every meal of the day.

Weekly meetings with my WW Coach have been a huge support for me, as well as the friends I've made in the workshops and through Connect. There's a lot of understanding and encouragement when you've had a bad week or you've slipped up. You can share those times and someone else in the group might be going through something similar so you don't feel so bad.

When I was larger, I felt like I lived a smaller life. I didn't want to speak up in meetings at work, I didn't want to go hiking on holidays, I didn't want to try new things. But now that I'm smaller in size, I feel like I live a bigger life. I do big exercises at the gym, I go on big holidays. I have my spark back and I'm living a fuller life.

Follow Selena's WW journey on her Instagram page [@transformingsel](#).

I'm really enjoying how accountable myWW is. I have a lot more awareness now of where my portion sizes were getting a bit too big before.



Fluffy lemon pancakes

prep 20 min cook 15 min serves 6

7 7 7 SmartPoints value per serve



1½ cups (225g) plain flour
1 tsp bicarbonate of soda
1 cup (250ml) buttermilk
½ cup (120g) low-fat smooth ricotta cheese
2 eggs, separated
1½ tbs caster sugar
1½ tbs finely grated lemon rind, plus extra strips, to serve
2 tsp canola oil
½ tsp icing sugar
Fresh berries, to serve

- 1 Preheat oven to 100°C. Place a baking tray in oven to warm.
- 2 Combine flour, bicarbonate of soda and a pinch of salt in a large bowl. Whisk together buttermilk, ricotta, egg yolks, sugar and rind in a medium bowl until well combined.
- 3 Using electric beaters, beat egg whites in a medium bowl until soft peaks form. Using a spatula, gently stir flour mixture into buttermilk mixture. Gently fold in egg white, a little at a time, until no white streaks remain.
- 4 Heat oil in a large non-stick frying pan over medium heat. Spoon three ¼-cup (60ml) amounts of batter into pan to make 3 pancakes, and cook for 1-2 minutes or until bubbles appear on surface. Turn and cook for 2 minutes or until golden and cooked through. Transfer to baking tray in oven. Repeat with remaining batter to make 12 pancakes. Dust pancakes with icing sugar and serve with berries and lemon strips.



Tried & Tested

I like to serve this with finely grated lemon rind and a drizzle of warmed maple syrup. If you don't have ricotta, low-fat smooth cottage cheese works just as well.

Bacon & ricotta frittata

prep 10 min cook 20 min serves 4

5 3 3 SmartPoints value per serve



2 tsp olive oil
90g short-cut bacon, fat trimmed,
thinly sliced
5 eggs
¼ cup (60ml) skim milk
¼ cup coarsely chopped fresh
basil, plus extra leaves, to serve
¼ cup coarsely chopped fresh
flat-leaf parsley
½ cup (120g) low-fat smooth
ricotta cheese
1½ tbs finely grated
parmesan cheese

- 1 Preheat oven to 200°C.
- 2 Heat 1 teaspoon oil in a 23cm (base measurement) ovenproof frying pan over medium heat. Cook bacon, stirring, for 2 minutes or until browned. Transfer to a clean board to cool. Chop.
- 3 Beat eggs and milk in a medium bowl until combined. Season with salt and pepper. Stir in bacon, chopped basil and parsley. Return pan to medium heat and add remaining 1 teaspoon oil. Pour in egg mixture. Use a spatula to occasionally draw the edges of the frittata into the centre, allowing the uncooked egg to run underneath. Cook for 4 minutes or until egg is set around the edge. Dot ricotta evenly over egg and sprinkle with parmesan.
- 4 Transfer pan to oven and bake for 10 minutes or until frittata is golden and set. Set aside for 5 minutes to cool slightly. Serve sprinkled with basil leaves.

Tried & Tested

This was a hit, our entire family ate it with no complaints. I really enjoyed the taste of the ricotta and basil. You could even bulk it up with some ZeroPoint vegies if you wanted to.



Selena's burrito bowls

prep 15 min cook 15 min serves 4

9 7 7 SmartPoints value per serve



1 small red onion, finely chopped
30g taco seasoning
400g can red kidney beans, rinsed, drained
400g can diced tomatoes
4 x 40g barley wraps
1½ cups (260g) cooked basmati rice, warmed
⅓ cup (80g) 99% fat-free plain yoghurt
½ avocado, diced
1 long fresh red chilli, thinly sliced
2 tbs chopped fresh coriander
Lime wedges, to serve

- 1 Preheat oven to 180°C. Lightly spray a medium saucepan with oil and heat over medium heat. Cook onion, stirring, for 5 minutes or until softened. Add seasoning and cook, stirring, for 1 minute. Add beans and tomato and bring to the boil. Reduce heat and simmer, uncovered, for 5 minutes.
- 2 Meanwhile, press each wrap into an ovenproof bowl so it forms a bowl shape and lightly spray with oil. Bake for 7-8 minutes or until crisp.
- 3 Divide rice and bean mixture between tortilla bowls. Top with yoghurt, avocado, chilli and coriander. Serve with lime wedges.

“

This is tasty and spicy so it feels a bit like take-away food, but it's very healthy. The barley wraps taste just like any other wrap and they hold together really well.





Turkey koftas with roasted vegetable salad

prep 15 min cook 35 min serves 4

2 0 0 SmartPoints value per serve



1 eggplant, cut into 2cm pieces
2 red capsicums, cut into 2cm pieces
2 tsp ground cumin
250g cherry tomatoes, halved
1 cup fresh coriander leaves
500g turkey breast mince
2 tsp finely grated lemon rind
80g wild rocket leaves
Lemon wedges, to serve

1 Preheat oven to 180°C. Line a baking tray with baking paper.

2 Spread eggplant and capsicum over prepared tray. Lightly spray with oil and sprinkle with 1 teaspoon cumin. Bake for 25 minutes. Add tomato to tray and bake for another 10 minutes or until tomato is wilted and vegetables are golden and tender. Transfer to a bowl.

3 Meanwhile, finely chop half the coriander. Combine mince, rind, chopped coriander and remaining cumin in a large bowl. Season with salt and pepper. Using damp hands, shape turkey mixture into 5cm-long koftas.

4 Lightly spray a large non-stick frying pan with oil and heat over medium heat. Cook koftas, turning occasionally, for 10-12 minutes or until browned and cooked through.

5 Add remaining coriander leaves to eggplant mixture and stir to combine. Serve koftas with the roasted vegetables, rocket leaves and lemon wedges.



Tried & Tested

I made these using chicken breast mince and they were delicious. They're perfect for warmer weather, and are really good served with a dollop of tzatziki.

Victoria's golden pineapple cake

prep 15 min cook 35 min serves 12

3 3 2 SmartPoints value per serve



1 egg
150g 99% fat-free plain yoghurt,
plus ½ cup (80g) extra, to serve
½ cup (75g) self-raising flour
¼ tsp bicarbonate of soda
1 tsp ground cinnamon
½ cup (45g) traditional
rolled oats
¼ cup (55g) brown sugar
⅓ cup (25g) desiccated coconut
440g can crushed pineapple

1 Preheat oven to 160°C. Lightly spray a 10cm x 20cm (base measurement) loaf tin with oil and line with baking paper.

2 Whisk egg and yoghurt in a large bowl until smooth. Sift in flour, bicarbonate of soda and cinnamon. Stir in oats, sugar, coconut and pineapple.

3 Spoon mixture into prepared tin. Bake for 35 minutes or until golden and a skewer inserted into the centre comes out clean. Set aside in tin for 5 minutes before transferring to a wire rack to cool. Slice and serve with a dollop of yoghurt.



“

This cake is really quick and easy to whip up. Once it's completely cooled, I put it in the fridge. It's really nice served cold.

