

GETTING TO KNOW

WW BLUE



WHAT MAKES BLUE SPECIAL?

- Nothing is free - even zero point foods should be tracked and eaten in moderation
- 200+ zero point foods
- More recipes available in the WW app
- Minimum of 24 daily points plus rollovers
- Can be used short-term or become your every day plan

WHO SHOULD CHOOSE BLUE?

Blue isn't the right plan for everyone, but it's a great fit for the following:

- Anyone trying to balance health and weight loss with more whole foods
- Families looking for one meal that suits everyone's needs
- Those who like meal prep but may only have an evening or two per week to spend in the kitchen

THE PERFECT BLUE PANTRY INCLUDES:

Chicken or turkey breasts
Frozen grilled chicken, fish, or shrimp
Canned beans of all kinds
Canned green beans, corn, and chopped tomatoes
No salt seasonings
Fresh fruit
Seasonal vegetables

Frozen fruits and vegetables
Frozen convenience meals
Tofu or tempeh
Nonfat plain Greek yogurt
Ingredients for low-point muffins and breads
Nutritional yeast
Extra virgin olive oil