

GETTING TO KNOW

# WW GREEN



## WHAT MAKES GREEN SPECIAL?

- 100+ zero point foods
- Nothing is free - even zero point foods should be tracked and eaten in moderation
- More family-friendly recipes
- Minimum of 30 daily points plus rollovers
- Can be used for short-term convenience or become your every day plan

## WHO SHOULD CHOOSE GREEN?

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

- Anyone balancing a family and workload while still eating whole foods
- Families
- Those with little time to meal prep and often eat out of convenience

## THE PERFECT GREEN PANTRY INCLUDES:

Convenience pre-prepared foods  
Canned green beans, carrots, and chopped tomatoes  
No-salt seasonings  
Fresh fruit  
Seasonal fresh vegetables  
Bagged salads  
Frozen convenience meals

Commercially prepared yogurt, instant oatmeal, and instant grits  
Light bread  
Turkey or ham sandwich meat  
String or light cheeses  
Nutritional yeast  
Extra virgin olive oil