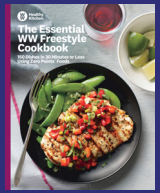




Our favorite recipes from The Essential WW Freestyle™ Cookbook



	SmartPoints® value		
	Green	Blue	Purple
Adzuki-edamame salad with miso dressing, page 119	8	2	2
Apricots with buttery gingersnap crumbs, page 245	2	2	2
Arctic char with watercress salad, page 81	7	1	1
Arugula salad with walnuts and bacon, page 175	3	3	3
Asian chicken wraps with mango, page 26	5	3	3
Asian shrimp and rice bowl, page 98	5	4	1
Asian turkey noodle salad, page 61	6	5	5
Baby greens salad with eggs and walnuts, page 167	5	3	3
Bacon and egg fried rice, page 165	9	6	3
Black bean and goat cheese quesadillas, page 129	7	6	6
Black bean-tomatillo dip, page 125	4	1	1
Blueberries with ricotta and balsamic glaze, page 249	2	2	2
Blueberry-nectarine spoon fruit with yogurt, page 215	3	2	2
Cabbage salad with lime-sriracha dressing, page 191	1	1	1
California fish tacos, page 87	6	5	5
Capellini with gingery vegetables, page 121	10	7	3
Carrot, snow pea, and bean stir-fry, page 135	4	1	1
Cheesy corn and bean burgers, page 131	9	6	6
Chicken and broccoli slaw with cashews, page 25	3	2	2
Chicken and kale salad with miso dressing, page 15	3	0	0
Chicken salad with cucumber-yogurt sauce, page 11	5	3	3
Chicken sandwiches with avocado “mayo,” page 16	9	7	7
Chicken satay with red curry-peanut sauce, page 20	4	2	2
Chicken with apricots and sage, page 10	7	4	4
Chicken with fresh tomato-balsamic sauce, page 19	3	1	1
Chicken with quinoa and roasted carrots, page 7	8	6	3
Chicken with strawberry-balsamic salsa, page 4	3	1	1
Chickpea and grilled vegetable salad, page 138	9	6	2
Chickpea and lemon bruschetta, page 126	5	3	3
Coconut-curry veggie rice bowls, page 118	10	7	4
Corn and Pepper Jack frittata, page 146	7	3	3
Corn, tomato, and shrimp sauté, page 95	4	1	1
Corn, zucchini, and tomatoes with cilantro, page 196	3	1	1
Cornmeal spice-crusting tilapia, page 84	3	2	2
Cucumber-yogurt dip with pita chips, page 227	2	1	1
Curried chicken with apple and mango, page 21	6	5	5
Edamame and couscous salad with feta, page 122	9	7	7
Edamame tostadas, page 116	8	5	5

	SmartPoints® value		
	Green	Blue	Purple
Egg and avocado toasts with smoked salmon, page 161	6	3	3
Egg and veggie sandwiches, page 160	8	6	6
Egg, asparagus, and prosciutto sandwiches, page 158	7	5	5
Eggplant, tomato, and feta stacks, page 208	3	3	3
Falafel sandwiches with avocado-lime sauce, page 132	8	5	5
Fall fruit and yogurt breakfast bowls, page 214	3	1	1
Five-spice tofu and vegetable stir-fry, page 113	4	2	2
Five-spice turkey with mushrooms, page 52	3	1	1
French country-style omelettes, page 152	7	3	3
Fresh fruit compote with orange liqueur, page 251	1	1	1
Fresh pea soup with mint, page 174	3	1	1
Fruit kebabs with creamy raspberry sauce, page 244	2	1	1
Gingery turkey noodle soup, page 38	4	4	4
Greek salad with feta and artichokes, page 186	2	2	2
Greek yogurt with cherry compote, page 219	4	2	2
Green bean and tomato sauté, page 199	1	1	1
Green bean salad with ricotta salata, page 185	2	2	2
Green chile and cheddar turkey burgers, page 55	7	6	6
Green goddess dip, page 229	2	1	1
Grilled bell peppers with olive vinaigrette, page 181	1	1	1
Grilled chicken with Indian spices, page 6	4	2	2
Grilled salmon with ginger-scallion sauce, page 66	8	1	1
Grilled salmon with pea and corn salad, page 69	10	1	1
Harissa turkey cutlets with warm bulgur salad, page 28	6	4	2
Indian scrambled eggs with cilantro naan, page 164	9	5	5
Lemon-basil chicken and vegetable kebabs, page 22	3	1	1
Lemon-curry celery and chickpea salad, page 139	3	1	1
Lemony white bean, spinach, and rice bowls, page 137	11	7	3
Lentil-beet burgers with kale pesto, page 130	7	5	5
Lentil, strawberry, and watercress salad, page 141	4	2	2
Lime yogurt with fruit and meringues, page 220	2	2	2
Mango-avocado salsa, page 234	1	1	1
Melon and prosciutto with fennel, page 238	1	1	1
Melon with lime syrup, page 243	2	2	2
Microwave broccoli with spicy garlic oil, page 190	2	2	2
Minted zucchini and cherry tomatoes, page 202	0	0	0
Moroccan vegetable stew, page 134	4	1	1

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Our favorite recipes from
The Essential WW Freestyle™ Cookbook *continued*



	SmartPoints® value		
	Green	Blue	Purple
Nectarines and yogurt with bourbon sauce, page 222	5	4	4
Open-face egg and ricotta english muffins, page 153	7	4	4
Pad thai with tofu and vegetables, page 111	9	7	7
Paprika chicken with orange-olive relish, page 9	4	1	1
Parmesan-basil broiled tomatoes, page 200	1	1	1
Parmesan-crusting turkey with green salad, page 32	5	3	3
Peach and endive salad with almonds, page 180	3	3	3
Penne with turkey, artichokes, and basil, page 41	7	6	6
Pineapple foster with yogurt, page 252	6	5	5
Quick bbq chicken breasts, page 12	4	1	1
Quick gazpacho, page 172	1	1	1
Roasted asparagus and red bell pepper with dill, page 193	1	1	1
Roasted bell peppers and radicchio, page 195	1	1	1
Roasted Brussels sprouts with cranberries, page 209	3	3	3
Roasted tofu bowls with red pepper dressing, page 114	8	6	2
Salmon and kalamata olive sandwiches, page 83	4	2	2
Salmon burgers with cucumber salsa, page 71	10	4	4
Salmon panzanella with fresh basil, page 88	5	3	3
Sautéed tilapia with almonds and cherries, page 75	3	2	2
Scallops with tomato-orange sauce, page 102	4	3	3
Sesame turkey stir-fry, page 49	7	4	4
Shrimp and cherry tomatoes with feta, page 94	3	2	2
Shrimp and penne arrabiata, page 96	8	7	7
Shrimp, bell pepper, and thyme frittata, page 154	3	1	1
Skillet ratatouille with eggs, page 163	5	3	3
Smoky turkey gumbo, page 37	2	1	1
Spanakopita quesadillas, page 177	7	7	7
Spiced carrot ribbons with almonds, page 204	2	2	2
Spiced edamame and green bean stew, page 115	4	1	1
Spice-roasted pears, page 255	2	1	1
Spicy butternut squash, apple, and raisin slaw, page 189	2	2	2
Spicy tofu and broccolini stir-fry, page 108	4	2	2
Spinach and apple salad with blue cheese, page 178	4	4	4
Spinach-mushroom frittata with goat cheese, page 148	5	2	2
Stir-fried ginger spinach, page 194	0	0	0
Strawberries with ginger-lemon sugar, page 239	2	2	2

	SmartPoints® value		
	Green	Blue	Purple
Strawberry-mascarpone-topped cookies, page 240	5	5	5
Strawberry yogurt and fruit parfaits, page 216	5	2	2
Strawberry yogurt with sugared pumpkin seeds, page 246	4	3	3
Sugar-roasted plums with balsamic and rosemary, page 250	2	2	2
Sweet and spicy salmon with Asian broccoli salad, page 68	2	2	2
Swordfish and tomatoes with basil sauce, page 78	6	2	2
Tandoori roasted salmon and vegetables, page 72	8	1	1
Tex-Mex shrimp rolls, page 97	5	4	4
Tilapia and asparagus with spicy marinara, page 82	4	3	3
Tomato and ricotta frittata, page 151	9	6	5
Tuna and fennel melts on ciabatta, page 93	6	6	6
Tuna, bean, and olive salad, page 91	7	2	2
Tuna salad with mango and tomato, page 90	3	3	3
Tuna with caramelized onions and fennel, page 74	3	1	1
Turkey and broccoli with black bean sauce, page 47	4	3	3
Turkey-basil stir-fry with rice noodles, page 43	6	4	4
Turkey Bolognese with zucchini “noodles,” page 44	6	3	3
Turkey cutlets with cranberry-pear chutney, page 35	5	3	3
Turkey kofte salad, page 59	5	3	3
Turkey picadillo, page 46	5	4	4
Turkey posole with radish-scallion topping, page 58	6	4	2
Turkey rigatoni with eggplant and feta, page 50	9	8	8
Turkey salad with passion fruit dressing, page 31	7	5	5
Turkey soba soup, page 36	5	4	4
Turkey tacos in lettuce wraps, page 51	3	1	1
Turkey with spinach-fennel rice, page 29	5	3	1
Turkish turkey pita pizzas, page 56	4	3	3
Walnut dip, page 225	2	2	2
Warm turkey salad with mint, page 40	4	3	3
Yogurt with rhubarb-raspberry sauce, page 224	4	3	3
Zucchini and tomato frittata, page 149	4	2	2
Zucchini-avocado salad, page 203	5	5	5
Zucchini fries, page 207	4	4	4