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How Eliza lost 2st

Find your Confidence 6 feel-great tips

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6 feel-great tips that work fast



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Editor's letter



Welcome

When you meet WW members who've reached their **wellness** goals, one thing that strikes you is how confident they are. Where does this inner glow come from? It isn't just about taking a smaller size and feeling great in anything you try on (although that helps!). Many WW members – like Eliza, our inspiring cover star (P.14) – say it's more about a **sense of** achievement and feeling healthier and ready for anything.

And it seems confidence is something we can learn. Just try the research-based strategies in our feature on P.26 and see.

Something else **successful WW members** have in common is that they've turned healthy eating and exercise into habits. Turn to P.88 for **great expert advice** on how to do the same.

Mastering a new skill can also give you a real confidence boost, so if your cooking skills are a bit wobbly, you'll love our **easy recipes**, which include a delicious selection from the new *myWW*[™] cookbook (P.70), five days of main meals to help you **stay on track** (p.40) and a delightful dessert for Mother's Day. (P.74). And talking of feeling wobbly, why not build up your confidence on two wheels (and have fun getting fit) with our guide to indoor and outdoor cycling? (P.84).

Have a happy, confident month!

Christine

Christine Michael Editor

Subscribe to WW magazine now...





Look out for...

Here are a few favourites from this jam-packed, confidence-boosting issue



Candice's style

Blogger and WW ambassador Candice Brathwaite has confident dressing down to a fine art. We're talking bright and bold!

Fibre

facts Did you know you could be missing out on many health benefits from this nutritional powerhouse?





Steak night Enjov a cosy meal for

Enjoy a cosy meal for two with our SmartPoints®-friendly steak dinners – with delicious vegetarian options, too.

Get in touch!

Here at WW mag HQ, we love hearing from WW members and readers. Email us at **wwuk@therivergroup.co.uk**, post your ideas on social media using **#wwmaguk**, or send us a message on Instagram (@wwmaguk) for a chance to appear in a future issue.















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Community

Let's get social

Each month, we get to the heart of what you, the WW Community, are talking about on Instagram, using the hashtag **#wwmaguk**



'Tonight we went to Pizza Express for dinner. Not only is it child friendly, they also have Leggera pizzas from 12 SmartPoints[®]. I shared the chocolate fondant – 17 SmartPoints for half a portion; that's what weeklies are for!' @amyswwlife



'I've been feeling a bit down on myself lately. Then Google Photos sent me a reminder of what I was doing three years ago (pic on the left) and it's really cheered me up! I was over 3st heavier, unhappy, unhealthy and tired. I may be sick at the moment but that will pass - I'm now a healthy weight and am loving life. Thanks WW' @pointedkitchen



'Celebratory cake with @natsnatterings. It's funny how WW and Instagram can bring people together. We seem to have spookily large amounts in common!' @ww_losinglbs_together



'So, I could get really down and angry about my gain yesterday, or I can just look back and see how far I've come since March 2014' @kayleigh.ww



'Chicken curry fakeaway! Using Mayflower Curry Sauce Mix powder, it's only 3 SmartPoints (Blue). And chips for 5 SmartPoints' @sians.wwjourney



'Zippy strikes again! Home workout with a French bulldog sitting on your head...' @wwcoach_katierhodes

There are so many ways to get social in the WW community! • Interact on Instagram @ww.uk. Share your pics and tips using

the hashtag **#wwmaguk** – and they could appear on this page • Attend your local **WW Workshop**. Find yours at

weightwatchers.com/uk/find-a-meeting

- Log on to **Connect**, the private WW members' online platform, through the WW app
- Get involved on the WW UK Facebook page (facebook.com/ww.uk)
- Check out twitter.com/ww_uk

News

Are you actually hungry?

id you know that some experts believe there are more than 30 reasons we eat, and physical hunger is only one of them? Here are some of the common cues for eating when we're not really hungry, and some tips to help:

Anxiety Try a stress-management technique that works for you – yoga or mindfulness, for example.

Boredom Keep busy in healthier ways. Call or meet friends, read a good book or take yourself out for a walk in a new place.

Cravings If you want one particular food, such as ice cream, what you're feeling may be a snack attack rather than true hunger.

Food cues Even the sight or smell of something delicious can prompt a desire to eat. Hide those biscuits in the cupboard!

Habit It's 4pm and you mindlessly reach for a sweet treat to eat with your cuppa. As you wait for the kettle to boil, ask yourself if you really need that snack – and read our healthy habits feature on P.88 to find out how to break the habit.

Low mood Exercise has been proven to cause chemical changes in the brain that can help to change your mood positively, so find a physical activity that you love and do it regularly.

Still not sure? A food diary or journal can help you recognise when you're overindulging and why. Write down not only what you're eating but also how you're feeling, which will help you find what prompts you. Try the WW Journal, £5.95, available in Workshops or online from WW Shop.

LIFESTYLE

Say yes to breakfast

Almost half the nation 'snooze' their alarm (some more than twice), which means fewer than half of us make time for breakfast, according to research by Quaker Oats.

The survey also found that people who have breakfast tend to snack at 11.25am; those who don't are ravenous by 10am. So taking a few minutes to eat a healthy breakfast is a good way to power up for the day and avoid an energy slump that might have you reaching for snacks well before lunch.

To get your day off to a delicious and nutritious start, check out the inspiring WW app, where you'll find dozens of quick and easy breakfast ideas.





For a feel-good factor that lasts, switch to eco-friendly products



Lush Sugar Daddy-O Solid Conditioner, £7 Packaging-free so no plastic waste, plus a violet leaf and bergamot scent that smells divine



Yes To Cucumbers Wipes, £3.99 Biodegradable hypoallergenic facial wipes: because nobody wants to create a fatberg



WetBrush Go Green Detangler, £14.99 Gently loosens knots without pulling or breaking hair. And in landfill it will decompose in five years



All Earth Mineral Cosmetics Blusher, £16 Beauty products that come in biodegradable, plastic-free refills, for a zero-waste experience



WELLNESS

Why sleep is your secret weight-loss weapon

ack of sleep doesn't just lead to dark circles and the urge to nap at your desk, it can also cause a number of health problems.

'The body and brain need to rebalance after the stresses and strains of the day, so poor sleep can affect our health by not giving us time to recuperate and repair,' says sleep expert Dr Neil Stanley. 'This has been shown to be associated with an increased risk of developing conditions such as heart disease, depression and Type 2 diabetes.'

Feeling tired can also make us more impulsive or likely to take risks, as our judgement is impaired. If you're affected in this way, you might feel less focused on your plans to exercise and eat healthily.

Some experts say that chronic poor sleep can have an adverse effect on the 'epigenetic' signals that control the way our genes function, which can in turn lead to weight gain and loss of muscle mass.

Dr Stanley says there are three things we all need for good sleep:

1 A bedroom that is a place of quiet security. Banish the TV and smartphone and make your room a sanctuary for sleep.

2A relaxed body. Have some calm time before bed and take a warm bath, drink herbal tea or sprinkle soothing essential oils such as lavender on your pillow.

3 A quiet mind. If your mind is racing with thoughts, worries or anxieties, try to find solutions that work for you. Check out calming meditations specially curated for WW members by Headspace, free on the WW app.

2,000,000

That's how many cans of baked beans we buy in the UK every single day. Turn to P.54 for some creative ways with pulses that make a change from beans on toast.

FITNESS



Your get fit quick scheme

Easy activity ideas to do in 5, 10 or 15 minutes

In five While you're watching your favourite box set, stand up and sit down as many times as you can within your chosen time frame to give your thigh muscles a workout.

In ten Meeting friends in the pub on Sunday afternoon? Gather in a nearby park and head for a 10-minute walk first.

In fifteen Wash your car by hand instead of taking it to the car wash this weekend. Use a bucket and sponge, and put lots of effort into bending and stretching. Don't forget to polish it all over - as fast as you can.

BOOKS Food for thought

Mark World Book Day on 5 March by treating yourself to one of these inspirational page-turners



Nuts and Seeds: Improving Your Health, Patsy Westcott, £14.99

The lowdown on edible nuts and seeds, from how to buy, store and cook with them to their many health benefits.



Between the Stops, Sandi Toksvig, £20 A memoir packed with anecdotes and surprises,

in which Prince Charles,

Thompson all appear.

Grayson Perry and Emma



So Lucky, Dawn O'Porter, £14.99

A must-read tale of female friendships and the perks and pitfalls of modern life. A novel for every woman who has ever doubted herself.



Philosophy for Polar Explorers, Erling Kagge,

£9.99 This book of practical advice for budding explorers brims with life lessons that can help to cultivate a positive and resilient mindset.



International Day of Happiness falls on Friday 20 March, so what better time to think about the things that are making you happy right now? If enjoyment levels are low, try doing something creative, such as cooking or drawing; head outdoors for a mind-clearing walk; or find a new way to support a cause you care about. You could also download the free Action for Happiness app. You'll get daily 'nudges' based on the latest research designed to help you improve your own wellbeing and spread more happiness to those around you.



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Is stress tying you in knots?

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Eliza gets photo ready + Marios and Shaun tie the knot + Be your confident best





Got a great personal mantra or motivational quote that you live by? Share it on Instagram using #wwmaguk for a chance to appear on this page in a future issue



Snap happy

WW Ambassador Eliza used to hate photos of herself. Now she's found the confidence to step into the limelight. Here, she reveals how her life has changed in front of and behind the lens

AS TOLD TO JANE COMMON PHOTOGRAPHY GEMMA DAY

tanding in front of the mirror in my wedding dress, I felt a rush of excitement about our big day and for once wasn't dreading the thought of being photographed. My weight and lack of confidence had been a huge issue over the years and I'd started to hide from the camera. But here I was feeling happy in my own skin. I can't reveal anything about the dress my fiancé James will read this - but I felt really proud to be looking my best.

Over the years I've been too thin because I was unhappy, and overweight because I was cosy and



Age 28 Weight lost 2st 3lb WW Workshop Digital Instagram @elizas_ww_story content with James. I'd eat twice-weekly pizzas ordered directly from my phone, sitting in front of the television. I'd consume Camembert baguettes from the local bakery for Sunday brunch before tucking into roast dinner with all the trimmings later on.

But I'd grown so insecure about the way I looked that I wouldn't get undressed in front of James; instead I'd sneak off to the loo to change into my PJs at bedtime. One night, in the summer of 2017, I found myself lying on my bedroom floor, in tears because my old denim shorts didn't fit me. I knew I had to face facts – it was time to make some changes in my life.

Eating smarter

Fast forward a month to September and I was now a WW Digital member. Before I joined, I was always on a detox or juice cleanse, losing weight for a while and then putting it back on. My mum Ann, who'd lost 3st with WW in the 2000s, was a big fan of the plan – but it was a lifestyle change, she said, not a quick fix.

She gave me her old WW recipe books, and reading the notes she'd scribbled on the pages made me chuckle. The banana muffins were obviously a big favourite with her! Just starting the plan

Just starting the plan boosted my confidence

gave me a boost, as it meant I was taking positive action.

James and I had subscribed to a meal delivery service, after moving in together having all the ingredients for dinner arrive at our door saved us time. Now, every Monday when our food box arrives, I log the recipes into my WW app and calculate the SmartPoints®. I tend to use them sparingly at the start of the week, sticking to my dailies and saving my weeklies for a night out at the weekend. If I'm going for a curry, I eat ZeroPoint™ foods all day, then treat myself to a masala. Nobody believes me but, since joining WW. I eat more than ever!

In the first few months I lost nearly 3st. It wasn't just about the numbers on the scale though. I felt so healthy and full of energy, which is important for my hectic job as a therapist working with autistic children. I was also able to enjoy my social life instead \diamondsuit



of hiding away and lounging around at home in my onesie.

All the tech my WW membership gives me access to has been so helpful. I especially love the barcode scanner. My WW bathroom scales calculate not only my weight but also my BMI, body fat and water and help keep me on track .

I've discovered various ways to enjoy a treat without using a lot of SmartPoints. For example, I like creating a sundae with bananas, crumbled WW biscuits and low-calorie ice cream. I've put on a few pounds here and there but now I'm determined to reach goal for my wedding day so that I can look my best for the photos. I've ordered a size 8 dress, which is the right size for me as I'm only 5ft 1in.

Selfie perfect

Just one month into the plan, I felt confident enough to take a mirror selfie. It was the first time I'd taken one in two years. That was a big moment for me because I love photographs – leafing through my Nana's old albums while she tells me about the people in the pictures is one of my greatest joys. But, after I'd put on weight, I used to avoid getting in front of the camera as I was so self-conscious.

I set up an Instagram account to document my WW journey, thinking it would be a sort of diary and help keep me on track. I posted every day, and shared the results of my home weigh-in every Wednesday evening. Swiping through other members' posts under #wwuk was inspiring, and their recipe ideas, like a 1 SmartPoint® vegetable soup, are really useful.

It was through my Insta account that I received an email asking me to be a WW ambassador. It's a real privilege and I sometimes get to review new WW products. James was very impressed when he returned home recently to find our house smelling of freshly baked bread. It was the WW Protein Bread Mix, and all I'd had to do was add yeast and water. I love it when people message me for advice on social media. My top tip for avoiding getting hungry is to eat plenty of ZeroPoint foods throughout the day. The pictures I post most regularly are of carrots – they're my hero snack, and I never leave home without a supply in my handbag.

Feel-good fitness

However, the journey is not all about food, getting fitter is important too. When I moved in with James, I was a 20-minute drive from my gym. It seemed like too much effort to get there, so I let my membership lapse. But after joining WW, I decided to €

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I've discovered various ways to enjoy treats that use fewer SmartPoints



active again. And I really went for it, pushing myself with a 5k run on my second day of the plan! It was tough but soon I was running three days a week. Some days I loved it; others, it felt so hard - I'd remind myself that the faster I ran, the sooner it would be over. And, when I got back home afterwards, I felt exhilarated with the endorphins buzzing around my body. If it was cold and rainy or I couldn't squeeze in a run, I did HIIT workouts

throw myself into getting

on YouTube at home. I improvised when it came to props, using prosecco bottles as weights.

I really went for it and also signed up to a spin class at my local gym on Saturdays. Getting out of bed for 8.45am wasn't easy, but knowing I'd achieved my weekend exercise goals felt great.

Bye-bye sarong

As I've adopted a healthier lifestyle, even our holiday routine has changed. James and I stay at the same hotel in Marbella each year. It's 5km from town and we used to spend a fortune on cabs – now we walk there through woods bordering the beach. We used to miss out on the beautiful scenery.

When we eat out, we make sure we pick healthier food choices, opting for fresh meat and fish cooked on fires at the beachside bars. My all-time favourite dish is garlic and chilli prawns – fresh seafood is often low in SmartPoints.

My holiday wardrobe has changed too. Gone are the

Success

I look forward to showing my grandkids my holiday snaps

beach cover-ups and now I feel great lounging around in my bikini - I'll even wear something that shows off my figure when we go out for dinner. James has become like my own personal snapper and I'm happy for him to take pictures of me in my holiday outfits. We love to take selfies of us having fun together; I want to be like my nana, showing my grandkids my favourite old holiday snaps and reliving happy memories.

Loved up and happy

James supports me through thick and thin. When I was down about my body, he told me I was beautiful every day but, when I joined WW, he was encouraging because he knew it was important to me.

The fact I'm more confident has improved our relationship, because everyone wants the person they love to be happy. And, over the past year or so, James has been inspired to lose weight himself and has lost around 2st.

The day he proposed was magical. It was at a hotel on the river while we were dressed up for the Henley Regatta in 2018 – and he'd even pre-arranged a photographer to record the moment he got down on one knee. I can't wait to marry James this July. It's going to be a day with all eyes on me as I walk down the aisle. And, thanks to WW, I'm finally looking forward to being in front of the camera.

Our big slim Greek wedding!

When Marios and Shaun began planning their wedding, they worked together on every last detail for the big day - starting with themselves

AS TOLD TO ALBERTINA LLOYD PHOTOGRAPHY MATT MONEREDI

Marios says:

I started compiling my wedding folder long before Shaun and I even started dating. I knew exactly how I wanted my Big Day to be. So when Shaun surprised me in the stunning grounds of Hever Castle, Kent, by asking if we could spend the rest of our lives together, I didn't even need to say yes - I just started bawling!

I had plenty of ideas for colour schemes and venues, but the one thing I wanted to look the very best on our



wedding day was me. But at 3st overweight, I didn't feel very good about myself.

I'd started to gain weight after injuring my back in my twenties as a dance student, and had two operations before I graduated. I then decided to become a drama teacher and loved it. The pressure on my appearance as a performer disappeared, and I just gave up a bit.

When I moved in with Shaun, we were both working so hard as teachers that we'd come home from school and order pizza. We tried to be 'healthy' occasionally - a noodle pot topped with a couple of rocket leaves for lunch - but it never lasted, as I'd be starving and raid the cupboards for snacks.

Time for change

I decided to join WW, and if I'm honest, I dragged Shaun along with me. I come across as an outgoing gay guy, but I was intimidated by the idea of the group and worried that I might be the only man there. I needed a partner with me to give me the confidence to walk into my first Workshop. It was great. There were men and women of all ages.

A team effort

Our Coach, Amy, is a young mum, and so relatable. It's great to follow her on Instagram and know we're all on this journey together. But

I still felt comforted knowing Shaun was doing it with me, week after week. And he kept coming to the Workshop, even though he got to goal much more quickly than me. What I love about WW is we don't miss out. Using our weekly SmartPoints®, we can go out and have a great night, drinking gin and slimline cocktails. We also love to make a fakeaway. Perhaps pizza with two-ingredient dough (Greek yogurt and self-raising flour). Or satay chicken made with powdered peanut butter, which is lower in SmartPoints than regular peanut butter. It's great to enjoy it with a glass of wine in front of some trashy Saturday night television, knowing it's within our SmartPoints Budget.

I'm Greek and I cook a lot of traditional dishes. I've started swapping the béchamel sauce in my moussaka for low-fat cheese and 0% fat Greek yogurt. Even my mum and dad are impressed by how good it is.

Looking good

As I've lost weight I've started to feel more confident. I love borrowing Shaun's clothes (the advantage of being in a same-sex relationship!). In the past year we've been to seven weddings and everyone kept telling us how fantastic we look. Even my pupils at school said, 'You're looking €



WW makes me feel I can take on the world. Here comes the groom!

> Marios (left) and Shaun with Teddy the chihuahua



The one thing I wanted: to look the very best on our wedding day

good, Sir!' and that means something, as 15-year-olds really tell it like it is.

Throughout this journey I've really started to believe I can do anything. Before, when I felt low, I'd just give up. After a stressful day, I'd come home and cry to Shaun, and 'eat my feelings'. Now I've been promoted to head of department, I'm full of energy and look after my wellbeing.

WW has transformed my life and has made me feel like I can take on the world. Here comes the groom!

Shaun says:

My proposal to Marios wasn't quite how I'd planned it. I picked Hever Castle as it has a beautiful Italian fountain in the gardens, but when we got there it was closed for refurbishment. I pretended I needed to sit down so I could give him a letter I'd written telling him everything I love about him. When he got to the end it read, 'There's just one more question to ask...' He knew right away, and just hugged me and cried.

When he said he'd like to join WW to get in shape for the wedding, I realised how unhealthy our lifestyle had become. When you're in a relationship, it's easy to fall into the comfort trap.

We'd come home exhausted after work, and although we thought we were being healthy by cooking our own pasta, we ate huge portions.



It was a shock when we started weighing the pasta and realised how many SmartPoints we were eating. Now a spare portion goes straight into our lunch box for the next day, so no seconds!

We always thought we needed pudding. One night we had nothing in and drove through heavy snow to the supermarket just to get ice cream. It was madness.

Moving more

Before we joined WW, I'd pretty much given up running and would use cold winter evenings as an excuse to stay on the sofa. Now we've both become fans of yoga and Pilates. It's so easy to put down a yoga mat in the living room and do an online session, whatever the weather. We bought a National Trust membership to take our chihuahua, Teddy, out for nice walks and make the most of our weekends together.

I've really noticed a change in my mental health since joining WW. Instead of thinking about work all the time, we put ourselves first. Little things, like making the effort to eat without our phones at the table and talk to each other, make mealtimes more mindful.

As a teacher it feels good to be a responsible role model. Every day the kids ask me at break, 'What fruit have you brought today, Mr Hornsby?'

Marios has changed so much, too. He loves it when people tell him how great he looks, but for me the best part has been seeing his self-confidence grow. I started to see the change in his appearance, but it was lovely when he finally noticed it himself. I remember going into a shop and he fitted into a small instead of a large size and was so chuffed. I'm so proud of him, and seeing how happy he is makes me want to stick to our new healthy lifestyle.

Marios's family are Greek Cypriot so we've planned lots of little Greek touches to the wedding, like bowls of Greek salad to share and a bouzouki player to get everyone up dancing to *Zorba the Greek*. My family love a dance, and once Marios's family hear Greek music you can't stop them, so it's going to be one big party. Like *My Big Fat Greek Wedding*, only we'll be slim!



Name Shaun Hornsby Age 31 Weight lost 1st 4lb WW Workshop St Anne's Catholic Primary School, Banstead Coach Amy Williams



16

SERVING



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Cover star

Could you make it onto our next cover? We're on the lookout for successful readers like you to inspire others in WW magazine

o vou have a great get-healthy story? Maybe you've reached your happy-weight goal, discovered fitness in a big way or found a new zest for life thanks to WW. Perhaps you're a long-term member who's left

and come back, or it could be that you've maintained your healthy weight for years. Or maybe you'd love to nominate a friend or relative who's reached a wellness goal with WW. Or are you a WW Coach with a member whose story would inspire others?





WW member







If so, please email a summary of your story to us at wwuk@therivergroup.co.uk, under the heading 'Cover Star', attaching a few recent photos, as well as some 'then' pics. We'd love to hear from you!

Donna.

WW member

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Confidence tricks

They say that confidence comes with age, but there's no need to wait! Boost your self-confidence today with these strategies that can work for everyone

WORDS JILL FOSTER

t what stage of your life are you likely to feel most confident? You may be surprised to learn that confidence seems to peak in later life. Research conducted at the University of Bern in 2018 suggests that self-esteem is highest around the age of 60. What is it that makes the difference?

'I think there are a few factors at play here,' says clinical psychologist Gillian Needleman. 'By age 60 we've had more exposure to a broad range of life experiences, and that exposure develops our skills and competence, which can in turn improve our self-confidence.

'As we age, we may also develop better skills for coping with adversity, change or challenges, and become more attuned to a "this too shall pass" perspective. More life experience means we can learn to let go of self-doubt, so that we don't get so caught up in our internal negative voice and old, self-critical storylines.'

Research also shows that confidence, especially body confidence, is a genuinely healthy trait to have. A recent survey of more than 4,500 people, by the UK Mental Health Foundation and YouGov, linked body satisfaction and appreciation to better overall wellbeing and fewer unhealthy dieting behaviours.

Psychologist Jan P de Jonge agrees that feeling confident is a reflection of having a more balanced, realistic perception of body image, which can lead to healthier choices – a 'win-win' attitude that can pay off in physical and mental health benefits. 'Confident people are likely to be more accepting of their body, and more willing to recognise when they need – or want – to change their lifestyle behaviours,' he says.

Given the health perks that being more confident may deliver, how can we start to enjoy them now, rather than later in life? 'Some research suggests genetics play a role in an individual's confidence levels, but in general it's been argued that only about 50 per cent of what makes us 'us' is due to genetics,' says Gillian Needleman. 'Another 10-20 per cent is influenced by our life circumstances and experience. That means about 30-40 per cent may be within our control, regardless of our age and life stage.'

If you'd like to take charge of your budding self-confidence, here are six strategies that can help you grow in confidence whatever your age...

STRATEGY 1

Make self-care a priority

Developing a stronger sense of self-confidence can pay off for your wellbeing, but it works the other way, too. 'Looking after your wellbeing by making the effort to eat well, get enough sleep and exercise regularly, as well as taking time out to do things that you genuinely enjoy or find relaxing, is a great place to start nurturing your confidence level,' says Gillian.

A recent Healthspan poll of 2,000 British women backs this up with many saying they felt more confident after they had a 'good night's sleep', 'spent time with close friends' and 'worked on hobbies such as creative writing or gardening'– that is, they spent time caring for themselves, both mentally and physically.

STRATEGY 2

Manage your thoughts

Gillian believes one of the reasons confidence may grow organically with age is that with age comes insight. 'The older we get, the more we realise that we don't have to be defined by our thoughts. They're just passing states, which are sometimes helpful and sometimes unhelpful,' she says. Think of them as being like an endless stream of clouds floating across the sky – you don't have to follow them. Gillian says, 'With experience we learn to recognise any doubting thoughts, without necessarily believing them.'

Jan P De Jonge agrees that making a conscious decision to be aware of your thoughts and understanding their implications can be helpful. 'Building body confidence is about being realistic about your own perception of your body image – which is not as easy as it sounds,' he says. 'However, understanding that thoughts are only thoughts, which don't have to control your actions, is important. Try sharing them with a trusted other person and see how they can be recalibrated or given a different meaning.'

STRATEGY 3

Feel the fear...

Self-confidence can be described as trusting your ability to perform a task or reach a specific goal, but there's a real value to be gained from saying 'yes' to new things and experiences where you may not feel very self-assured just yet.

'It's really important to keep in mind that it's OK not to feel confident all of the time and that self-confidence can fluctuate, particularly in different situations,' says Gillian Needleman. 'Experiencing self-doubt every now and then is a very normal human experience, but don't ignore the fact that you can still perform well even if you're not feeling 100 per cent confident.'

And if, when you do step outside your comfort zone, you aren't able to perform or do something as well as you'd like, you can use that experience as a confidence builder. 'That in itself presents a great opportunity to cultivate self-compassion, where you treat yourself with understanding and kindness rather than criticism,' says Gillian. 'From self-compassion, self-confidence can grow.' €

Sherry (left) and Hannah, WW members

7

Success

Success

STRATEGY 4

Fake it till you make it

Remembering it's possible to achieve and succeed even when your confidence levels are a bit wobbly can also give you permission to 'fake it till you make it' – another handy tactic for growing your self-confidence.

Gillian says, 'It takes the pressure off so that rather than wasting time or energy worrying about whether you're good enough, you can focus your energy on your efforts instead. After all, competence precedes confidence: acting confident comes first, while feelings of confidence come later.'

Another 'fake it' confidence tip? Sit up straight! You can actually trick your brain into feeling more confident by adopting a positive posture. One study by Ohio State University showed that doing so may temporarily improve self-belief and self-confidence.

STRATEGY 5

Visualise it

To build the confidence you need to adopt the new behaviours, habits and lifestyle changes that will move you closer to your wellness goals, it can help to imagine and visualise what life might be like once you've achieved them. According to a 2019 cross-cultural study published in the *Behaviour, Research and Therapy* journal, mental imagery is more emotionally charged than other thought processes, so it may strengthen your motivation and confidence to achieve your goals, even in the face of apparently difficult challenges.

Jan P de Jonge says, 'The trick to making mental visualisation work can be seen as a two-fold process. The first is to drill down into the details, employing as many senses as you can. So, if your goal is to have more energy, create a mental image around what feeling more energetic would allow you to do that you can't or don't do now. What would that look, sound or even smell like? How would others around you react – and how important is that to you?'

The second stage is to move from imagination and visualisation into action. Try doing or enacting small-scale elements of those actions, behaviours and situations you've been busy imagining and see how they really feel. In other words, make that crucial move from the valuable phase of 'can do' (imagination) to 'doing' (reality).



STRATEGY 6

Avoid social media pressure

It's impossible to scroll through Instagram or Facebook without coming across influencers parading their 'Insta-ready beach body' on your feed. Social media can play a big role in driving the pressure for perfection. A 2019 study by the University of the West of England found that young women who viewed images of realistic body shapes and sizes on social media reported improved feelings about their own body image and mood than those who viewed idealised images and posts.

Jan P De Jonge suggests unfollowing fake posters. 'Even just taking the time to think critically about how edited, staged or fabricated social media images might be, can help break the unconscious pursuit of perfection. Because – and you know it – you're already worth it.'

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Fantastic fibre

Are you getting enough? We're talking about dietary fibre – and the chances are, you're not. Here's your guide to making the most of this health powerhouse **WORDS** TONY HIRVING hen we talk about 'dietary fibre', we mean certain types of carbohydrates found in fruit, veg and wholegrains. But did you know that on average, we eat only four portions of our recommended five-a-day? Dietary fibre is so important for health that in 2015 the official guideline for how much adults should eat was increased from 24g a day to 30g. Yet in the UK, we're falling Research links dietary fibre to heart health, mental wellbeing and weight management

short of even the 24g mark, with a daily average of 21g for men and 17g for women; only a third of us are managing our 5-a-day.

So what are the benefits of including plenty of fibre in our diet – and how can we ensure we're getting enough? Unlike starchy carbs and sugars, which we digest and absorb in our small intestine, dietary fibre passes all the way through to the colon, where it's processed by the bacteria that live there via a form of digestion called fermentation. The resulting compounds produced are believed to be good for our health overall.

Fruit and vegetables contain different kinds of dietary fibre, and they all have health benefits, so it's a good idea to include a variety of these in your diet. Dietitian Megan Rossi, who specialises in gut health, says: 'People who have at least 30 plant-based foods in their weekly diet have a more diverse range of bacteria in their gut, which is associated with better weight management, better heart health and better mental health.'



Fibre providers

How well do you know your fibre? It's often classified as either 'soluble' (typically found in fruit and oats) or 'insoluble' (found in wholegrains and nuts). Each type of fibre has different properties, so eating a wide range of plant-based foods is the best way to maximise their benefits

GREAT GRAINS

Wholemeal bread and pasta, rye bread, oat bran flakes, All-Bran, Weetabix, Shredded Wheat.



↑ Foods made with wholemeal grains contain a type of fibre called non-starch polysaccharide (NSP), which helps the digestive process run more smoothly.

POWERFUL

PLANTS Asparagus, onion, garlic, Jerusalem artichokes, leeks, pulses.

↑ These vegetables contain a type of fibre, called oligosaccharides, that help promote the growth of beneficial bacteria in the gut. See P.54 for tasty recipes using pulses.

COOKED AND COOLED

Unripe bananas, Cornflakes, muesli, brown rice, cold pasta, cold potato, lentils, green peas.



↑ Cooked starchy food that's been cooled, and some raw foods like unripe bananas, contain resistant starch, which is believed to promote gut health and digestion.

BACTERIA BOOSTERS

Oats, apples, wheat bran, onions, garlic, beans.

↑ Some fruit, grains and veg contain types of fibre called prebiotics, which stimulate certain 'good' bacteria, such as

Bifidobacterium, in the colon.



The good news is that reaching the official fibre target of 30g a day really is doable if we make careful choices and eat five portions (one portion is about 80g) of fruit and veg per day. Switching gradually to wholegrain bread, breakfast cereals and rice will also help increase your fibre intake. Using these foods as a base for your meals, as well as having extra servings of vegetables, can help keep the overall SmartPoints[®] value of the dish low.

But you don't want to do too much too soon. There can be side effects from eating a lot of particular types of dietary fibre. The prebiotic fibre found in foods such as onion, garlic and beans can cause wind, so cutting back on these while gradually increasing the amount of other plant foods you eat can help resolve that issue. Drinking plenty of fluids, which is important for maintaining regular bowel movements, can help too.

As most fresh fruit and vegetables are ZeroPoint[™] foods, you'll find plenty of plant-based recipe inspiration in WW cookbooks and at ww.com, to help you create satisfying meals that will help you on your way to your 30g a day. € Eating a range of plant foods can help maximise the health benefits

Fibre is fab for...

WEIGHT LOSS

Foods that are rich in soluble fibre (like fruit or porridge oats) seem to help us feel fuller for longer, possibly because they slow down the emptying of food from the stomach. Fibre may also influence the release of hormones that control our appetite and how satisfying we find our meals.

Also, it may simply be that eating more fibre means eating fewer calories overall. One review of studies showed that eating an extra 14g of fibre a day can lead to a 10% reduction in calories. This is because fibre-rich foods, like fruit and veg, tend to have low energy density, which means they have fewer calories per 100g than high-fat, high-sugar foods. Putting more high-fibre plant foods on your plate can reduce the overall energy density of your meal, and lower its SmartPoints value.

PROTECTING AGAINST CANCER

A European study of 500,000 people reported a 40% reduction in risk of colorectal cancer in those who ate up to 35g of fibre a day compared with those who ate 15g of fibre a day. It<u>'s</u>



important to remember that fibre-rich foods may have other protective ingredients too; for example, vegetables and fruits also provide a range of antioxidants that help protect our body from many diseases.

HEALTHIER HEARTS

A joint US and European study of more than 300,000 people reported a 14% decrease in risk of heart disease for each 10g a day increase in dietary fibre. It's not known exactly why, but soluble fibre may help to lower levels of LDL ('bad') cholesterol in the blood. It's also known that soluble fibre slows down the rate at which we digest sugar and other nutrients, which lowers the GI (glycaemic index) of meals and helps to avoid 'spikes' in blood glucose levels. This is important for people with Type 2 diabetes, who are at higher risk of developing heart disease.

YOUR POSITIVITY

Studies have shown that gut microbes can affect behaviour, and a recent Belgian study on men and women found that two kinds of microbes (*Coprococcus* and *Dialister*) were absent from the gut of people who were depressed, but not from those who were feeling positive about life. It's not yet known how gut bacteria might affect the brain or whether it's possible for everyone to colonise their gut with those microbes that seem to affect mood.

Success

A typical high-fibre day

Breakfast

2 Weetabix + 7 sliced strawberries + 142ml skimmed milk **Calories** 200 per serving

6 6 6 SmartPoints® per serving

Mid-morning snack

Medium apple O O O SmartPoints per serving

Lunch White bean, citrus & salmon salad

SERVES 4 Prep time 10 minutes Calories 275 per serving



SmartPoints per serving

2 x 212g tins Wild Pacific Red Salmon
400g tin cannellini beans
1 small red onion, diced
120g rocket leaves
15g fresh parsley, roughly chopped
1 tsp lemon zest
1 tsp fresh thyme, finely chopped
3 tbsp lemon juice
1 tbsp olive oil

1 Drain the salmon and tip into a large bowl. Flake with a fork and carefully pick out and discard any large pieces of bone or skin.

2 Add the remaining ingredients and toss to combine. Season to taste.



Mid-afternoon snack Medium pear with 10 almonds SmartPoints per serving



Evening meal Spiced squash & quinoa bowl

SERVES 4 Prep time 20 minutes Cook time 30 minutes Calories 295 per serving



SmartPoints per serving

160g dry quinoa 800ml vegetable stock, made with 1 stock cube 1 tsp cumin seeds 1 tsp dried coriander 1 tsp ground cinnamon 1/4 tsp chilli flakes 500g butternut squash, peeled, deseeded and cut into chunks 2 small red onions, cut into thin wedges 2 garlic cloves, unpeeled Calorie controlled cooking spray 320g broccoli, broken into small florets 250g kale 5g fresh ginger, peeled and grated 25g tahini paste 75g 0% fat natural Greek yogurt 1 tbsp lemon juice 1 tsp clear honey

 Preheat the oven to 200°C, fan 180°C, gas mark 6. Rinse the quinoa, then simmer in a pan with the stock for 15-20 minutes, until most of the liquid has been absorbed. Keep warm.
 Meanwhile, in a small bowl, combine the sumin space springdor singapon

the cumin seeds, coriander, cinnamon, chilli flakes and seasoning. Put the squash, onions and garlic on a large baking tray, mist with cooking spray and toss with 2 tsp of the spice mixture. Roast for 10 minutes.

3 Remove the tray, add the broccoli and mist again with cooking spray. Toss and return to the oven for 12 minutes.
4 Meanwhile, put the kale and remaining spice mixture in a bowl, mist with cooking spray and combine. Remove the baking tray from the oven, add the kale and roast for a final 3 minutes.
5 To make the dressing, squeeze the garlic from its skin into a bowl. Whisk with the remaining ingredients and 2 tbsp warm water (add more if it's too thick). Serve with the quinoa and vegetables.



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WW Healthy Kitchen

Welcome to our world of WW food!

Essential reading whether you're cooking, shopping or planning your menus

> P.40 5-day meal plan
 Recipe ideas for weekdays
 > P.48 Steak night
 Impressively delicious dinners

P.54 Full of beans
 Satisfying store-cupboard stars

> P.58 A little of what you love Pizza, prawns and more

> P.64 Quesadilla crazy Tasty bites perfect for sharing

>P.66 Your kitchen kit Timesavers and multitaskers

> P.69 Check it out Smart buys for your trolley

> P.70 Get cooking! Exclusive myWW™ recipes

> **P.74 Thanks a brunch!** Mother's Day favourites

Happy healthy cooking!



Nadine Brown WW magazine food editor All recipes use **10** ingredients or fewer

TUESDAY

MONDAY

THURSDAY



YOUR MIDWEEK Meal plan

Staying on track isn't always easy in a busy week, but with five healthy, faff-free recipes to help, you'll be set for success. We've even put together a shopping list for you. The result? Less time planning and shopping, more time eating well!

Shopping list

Fruit & vegetables

2 aubergines
400g brussels sprouts
120g carrots
200g cherry tomatoes
500g chestnut mushrooms
4 garlic cloves
20g fresh ginger
Fresh herbs (you'll need
parsley and tarragon)
1 lemon
2 red onions
6 spring onions
Rocket leaves

Meat, fish & poultry

400g extra lean beef mince (5% fat) 4 x 165g skinless chicken breast fillets 350g fish pie mix 150g raw king prawns 4 Heck Naked Pork Sausages

Dairy, eggs, chilled & frozen

3 sheets filo pastry 30g Parmesan cheese 300g frozen peas 45g vegetarian Italian-style hard cheese 25g fresh white breadcrumbs

Storecupboard

Balsamic vinegar Calorie controlled cooking spray 2 x 400g tins chopped tomatoes **Clear honey** 400g tin cream of mushroom soup Dark soy sauce Fennel seeds Fish sauce 470g jar light lasagne white sauce 300g macaroni 2 x 250g pouches microwave brown rice 240g wholewheat pappardelle Reduced sugar marmalade 240g dried rice noodles Rice wine vinegar Toasted sesame oil Tomato purée Wholegrain mustard

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FRIDAY

MONDAY

Cook's tip

Use wholewheat pasta if you like, but make sure it's macaroni, penne or rigatoni so the sauce collects inside the pasta

10 10 3



A tin of creamy mushroom soup makes a near-instant rich-tasting sauce for this hearty vegetarian pasta bake

Serves 4 Prep time 5 minutes Cook time 25 minutes Calories 387 per serving

 Image: SmartPoints per serving

300g macaroni

Calorie controlled cooking spray 500g chestnut mushrooms, sliced 2 garlic cloves, crushed 200g cherry tomatoes, halved 400g tin cream of mushroom soup 45g vegetarian Italian-style hard cheese, finely grated 2 tbsp roughly chopped parsley, plus extra to serve

25g fresh white breadcrumbs Rocket leaves, to serve

 Preheat the oven to 200°C, fan 180°C, gas mark 6. Cook the macaroni in a large pan of boiling salted water for 5 minutes. Drain, reserving a cupful of pasta water.
 Meanwhile, mist a large frying pan with cooking spray and fry the mushrooms and garlic for 2-3 minutes. Add the tomatoes and cook for 2 minutes until softened but not broken down, Season. **3** Stir in the soup, 2 tbsp of the cheese and the parsley. Loosen the sauce with a little of the reserved pasta water, then transfer to a deep 20cm square baking dish. Scatter over the breadcrumbs and remaining cheese, then mist with cooking spray. Bake for 20 minutes until golden. Serve with the rocket.





Asian beef & noodle bowl

Crunchy quick-pickled carrots bring a fresh burst of flavour to this stir-fry

Serves 4 Prep time 10 minutes Cook time 10 minutes Calories 410 per serving

 Image: SmartPoints per serving

120g carrots, peeled into ribbons
50ml rice wine vinegar
3 thsp dark soy sauce
1 thsp clear honey
1 thsp plus 1 tsp toasted
sesame oil
400g extra lean beef mince
(5% fat)
20g fresh ginger, peeled and finely grated
6 spring onions, finely sliced
2 tsp fish sauce
240g dried rice noodles

 Put the carrot ribbons in a small bowl, add 40ml of the vinegar, season and toss together. Set aside to pickle.
 Meanwhile, combine the soy sauce, honey and 1 tbsp sesame oil in another small bowl.
 Heat the 1 tsp sesame oil in a nonstick frying pan over a medium-high heat. Add the beef mince and fry for 3-4 minutes, stirring, until cooked through and browned. Stir in the grated ginger and most of the spring onions, and fry for another minute. Tip in the soy and honey mixture, stir together and simmer for 2-3 minutes, then stir through the remaining vinegar and the fish sauce. 4 Meanwhile, cook the rice noodles according to the pack instructions. Toss through the beef mixture. Serve with the pickled carrots and the remaining spring onions.

Cook's tip

Try making this with brown rice noodles. The SmartPoints will be

11 11 6



WEDNESDAY

Cook's tip

If you don't have a griddle pan, bake the chicken breasts for 20 minutes, basting regularly with the sauce, until cooked through

Spiced marmalade chicken with brussels sprouts

Not just for Christmas, sprouts are delicious any time of year, and make a tasty midweek meal sautéed and served with sweet, sticky chicken and rice

Serves 4 Prep time 5 minutes Cook time 20 minutes Calories 474 per serving

10 9 9 🛞 🖉 🛞 SmartPoints per serving

3 tbsp reduced sugar marmalade 1 tbsp wholegrain mustard 4 x 165g skinless chicken breast fillets Calorie controlled cooking spray 400g small brussels sprouts, trimmed and halved 2 garlic cloves, finely sliced Juice of ¼ lemon 2 x 250g pouches microwave brown rice Preheat the oven to 200°C, fan 180°C, gas mark 6. Combine
 the marmalade and mustard in
 a small bowl, then brush half
 over the chicken breasts.
 Heat a large griddle pan until smoking, then cook the chicken
 breasts for 2 minutes on each
 side. Transfer to a baking tray
 and bake for 15 minutes until
 cooked through and caramelised,
 spooning over the remaining
 sauce halfway through. 3 Meanwhile, mist a large nonstick frying pan with cooking spray and fry the brussels sprouts for 7-8 minutes, stirring, until tender and golden. Add a splash of water and allow to evaporate, then stir-fry the garlic for 2 minutes. Season well and squeeze over the lemon juice.
4 Microwave the rice according to the pack instructions. Serve with the chicken, sliced, and the stir-fried sprouts.









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*Winner Meat Free Category. Survey of 10,601 people in UK and ROI by Kanta

Sausage & aubergine pasta

Inspired by a traditional Sicilian dish, this savoury crowdpleaser is full of punchy Italian flavours

Serves 4 Prep time 5 minutes Cook time 25 minutes Calories 454 per serving

12 12 6 🛞

SmartPoints per serving

Calorie controlled cooking spray 2 red onions, finely sliced 2 aubergines, roughly chopped 4 Heck Naked Pork Sausages, broken up ½ tbsp fennel seeds 1½ tbsp balsamic vinegar 2 x 400g tins chopped tomatoes 2 tbsp tomato purée 240g wholewheat pappardelle 30g Parmesan, grated 1 Mist a large, deep, lidded frying pan with cooking spray and fry the onions and aubergines over a low-medium heat for 5 minutes until softened. Stir in the sausage meat and cook, stirring regularly, for 5 minutes until cooked through and lightly golden. Add the fennel seeds and cook for another minute.
2 Stir in the balsamic vinegar

and cook until just evaporated, then add the chopped tomatoes and tomato purée. Half-fill an empty tomato tin with water and add to the pan. Bring to the boil, then turn down the heat, cover and simmer for 10 minutes. **3** Meanwhile, cook the pasta according to the pack instructions. Stir into the sauce. Serve sprinkled with Parmesan.

Cook's tip

Skinless pork sausages speed up the process, but you can use reduced fat pork sausages - just remove the skins first





FRIDAY

Fast filo fish pie

A ready-made light lasagne sauce is a speedy alternative to making your own sauce from scratch in this tasty fish pie

Serves 4 Prep time 5 minutes Cook time 25 minutes Calories 413 per serving

12 7 7 🛞 SmartPoints per serving

470g jar light lasagne white sauce (we used Dolmio) 350g fish pie mix 150g raw king prawns, peeled and deveined 3 tbsp finely chopped parsley 1 tbsp chopped fresh tarragon 3 sheets filo pastry, halved Calorie controlled cooking spray 300g frozen peas Preheat the oven to 190°C, fan 170°C, gas mark 5. In a large mixing bowl, gently stir together the sauce, fish pie mix, prawns, most of the parsley and the tarragon. Season well and transfer to a 20cm round baking dish.
 Crumple the filo pastry sheets and arrange evenly over the fish pie mixture. Mist with cooking spray and bake for 25 minutes until golden and bubbling (cover the dish with foil if the filo starts to brown too much).

3 Towards the end of the cooking time, bring a small pan of water to the boil and cook the peas for 3-4 minutes until just tender. Serve with the pie, scattered with the remaining parsley.

Cook's tip

You can serve this with any ZeroPoint[™] vegetables you like. Steamed cabbage and leeks go particularly well

LC





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Steak night

There's nothing quite like a good steak, whether it's classic beef, a veggie option or something in between. With tasty sides, you can create a filling dinner that will impress the family – or someone special

Rump steaks with Parmesan polenta chips & mushroom gravy

Crisp, golden 'fries' made from polenta give this luxurious steak dinner a distinctly Italian edge

Serves 4 Prep time 30 minutes Cook time 35 minutes Calories 536 per serving

12 12 12 🛞

SmartPoints per serving

Calorie controlled cooking spray 140g dry polenta 20g Parmesan, grated 1 tsp Italian dried herbs 1 tbsp olive oil 4 x 225g lean beef rump steaks 250g baby chestnut mushrooms, thickly sliced 2 tbsp plain flour 450ml beef stock, made with 1 stock cube 1 tsp Worcestershire sauce 1 sprig fresh rosemary 350g green beans

1 Mist an 18cm square baking dish or cake tin with cooking spray and line with baking paper. Bring 350ml water to the boil in a large saucepan. Slowly pour in 120g of the polenta, whisking constantly, until thickened. Remove from the heat, stir in the Parmesan and dried herbs, and season lightly. Spoon into the prepared baking dish. Lay clingfilm over the top and press down to create an even surface. Remove the clingfilm and transfer the dish to the fridge for at least 1 hour to set. 2 Preheat the oven to 220°C, fan 200°C, gas mark 7. Cut the chilled set polenta into 'chips' and brush all over with the oil. Dust with the remaining polenta and arrange in a single layer on a large lined baking tray. Bake for 30 minutes until crisp and golden. **3** Meanwhile, mist the steaks with cooking spray and season well. Place a nonstick frying pan over a medium-high heat. When hot, cook the steaks for 3-4 minutes on each side or to your liking. Loosely cover and set aside to rest for 10-12 minutes. **4** Add the mushrooms to the pan and fry over a medium-high heat for 2-3 minutes until softened and browned. Stir in the flour, then little by little pour in the stock, whisking well after each addition to combine and get rid of any lumps. Stir in the Worcestershire sauce and rosemary, season to taste and simmer for 6-8 minutes, until thickened. Remove the rosemary. 5 While the gravy simmers, bring a medium pan of water to the boil and cook the green beans for 3-4 minutes until just tender. Serve the steaks with the polenta fries, mushroom gravy and green beans.

Cook's tip

Replace the polenta chips with baked or steamed butternut squash, if you like. The SmartPoints® will be



Regel Barrowers

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Glazed gammon with pineapple & egg fried rice

This classic gammon and pineapple has been turned on its head with a flavour-packed Asian twist

Serves 4 Prep time 10 minutes Cook time 20 minutes Calories 509 per serving



SmartPoints per serving

8 tinned pineapple rings, plus 150ml juice from the can
2 tbsp clear honey
2 tbsp soy sauce
4 x 170g lean gammon steaks
Calorie controlled cooking spray
180g Savoy cabbage, finely shredded
4 spring onions, thinly sliced
2 garlic cloves, crushed
1 red chilli, deseeded and finely diced
300g cooked chilled long grain rice (break it up to remove any clumps)
2 large eggs
100g frozen peas

1 Preheat the grill to high. Put the pineapple juice, honey and soy sauce in a medium saucepan and whisk together to combine. Set over a medium heat and simmer gently for 2-3 minutes until slightly reduced and starting to get sticky. Remove from the heat, spoon a couple of tablespoons of the sauce into a bowl and set aside. 2 Grind a little black pepper over the gammon steaks and transfer to a foil-covered grill rack with the pineapple rings. Grill for 6-8 minutes on each side, brushing frequently with the glaze until the steaks are cooked through, dark, glossy and starting to turn sticky. Depending on the size of your grill, you might need to do this in two batches. 3 Meanwhile, mist a nonstick frying pan with cooking spray and set over a high heat. Stir-fry the cabbage, half the spring onions, the garlic and chilli for 3-4 minutes until the cabbage is just tender (don't let the garlic burn as it will become bitter. If it starts to stick, add a splash of water). 4 Stir the rice into the veg and fry, stirring, for 3-4 minutes until heated through. Make a large well in the centre of the rice and crack in the eggs. Scramble until just starting to set, then stir into the rice mixture until combined. Add the peas and cook for a further minute until hot. 5 Serve the vegetable fried rice topped with the glazed gammon steaks and pineapple rings, and drizzled with the reserved sauce. Garnish with the remaining spring onions.

Cook's tip

A good nonstick frying pan is a big help when cooking with minimal fat, and is easy to clean

Food

Sesame-crusted tuna with soba noodle salad

Soba noodles are made with buckwheat flour. Their nutty, intensely savoury flavour gives this dish a little something extra

Serves 4 Prep time 15 minutes Cook time 10 minutes Calories 490 per serving

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SmartPoints per serving

200g 100% buckwheat soba noodles Juice of 1 lime 2 tbsp rice wine vinegar 1 tbsp honey 10g fresh ginger, peeled and finely grated 1 tsp fish sauce 1 tsp sesame oil 1 garlic clove, crushed 4 spring onions, finely sliced 1 red chilli, deseeded and finely diced 15g fresh coriander, chopped, plus extra to serve 4 x 140g tuna steaks Calorie controlled cooking spray 6 tbsp mixed black and white sesame seeds

1 Cook the noodles according to the pack instructions. Drain in a colander, rinse under

cold water and set aside for the salad. **2** In a large bowl, make a dressing by whisking together the lime juice, rice wine vinegar, honey, ginger, fish sauce, sesame oil and garlic. Stir in the spring onions, then toss through the drained cooked noodles. Add the chilli and coriander and mix until thoroughly combined.

3 Mist the tuna steaks with the cooking spray. Spread the sesame seeds out over a large plate and place the tuna steaks on top. Press into the sesame seeds, turn, press again, then coat the sides with the sesame seeds too.

4 Mist a large nonstick frying pan with cooking spray and set over a medium-high heat. Cook the tuna steaks for 3-4 minutes on each side.
5 Serve the tuna steaks with the noodle salad, garnished with extra coriander.

Cook's tip Classic egg noodles work just as well with this dish



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GLUTEN FREF



Cook's tip

Try cauliflower and broccoli – they make great vegetable steaks, too

Aubergine steaks with chimichurri & spiced sweet potato wedges

Griddling thick slices of aubergine gives them a smoky, savoury flavour, making it a great choice for a vegan steak dish

Serves 4 Prep time 15 minutes Cook time 35 minutes Calories 316 per serving

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SmartPoints per serving

4 x 150g sweet potatoes, cut into wedges **2 tbsp** olive oil

¼ tsp cayenne pepper
4 medium aubergines, cut lengthways into 1.5cm slices (you should have about 8 slices – save the outer slices to use in another dish)

For the chimichurri sauce 40g fresh parsley leaves, finely chopped 1 small shallot, finely diced 3 garlic cloves, finely chopped 2 tbsp olive oil 1 tbsp lemon juice 1 tbsp red wine vinegar 1 tsp chilli flakes 1 tsp dried oregano

1 Preheat the oven to 200°C, 180°C fan, gas mark 6. Put the sweet potato wedges

on a large baking tray lined with baking paper. Toss with half the oil and the cayenne pepper. Season well with salt and freshly ground pepper. Roast for 35 minutes or until golden. 2 Meanwhile, place a griddle pan over a medium-high heat. Rub 4 of the aubergine slices with ½ tbsp of the oil and season well. Griddle for 3 minutes on each side until well marked with griddle lines, then turn and cook for a further 2 minutes on each side until tender and evenly charred. Remove the aubergine to a plate and cover to keep warm. Repeat with the remaining slices.

3 In a small bowl, whisk together the chimichurri sauce ingredients with 1 tbsp water. Season to taste. Serve the griddled aubergine steaks drizzled with the chimichurri sauce, with the sweet potato wedges on the side.

Get creative!

Cook's tip

Cannellini beans or chickpeas would also work well in this recipe

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With a tin of beans or lentils in the cupboard, you're minutes away from a tasty and satisfying meal. Try these ideas to set your pulses racing

Spanish-style butter bean stew

Comforting bowl food, packed with veg, warming paprika and chorizo

Serves 4 Prep time 5 minutes Cook time 40 minutes Calories 430 per serving

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80g cooking chorizo, cubed
1 red onion, finely sliced
2 red peppers, deseeded and finely sliced
2 garlic cloves, finely chopped
1½ tbsp sweet smoked paprika
2 x 400g tins chopped tomatoes
1 tbsp sherry vinegar
2 x 400g tins butter beans, drained and rinsed

200g baby spinach 4 x 65g crusty bread rolls

1 Dry fry the chorizo in a large deep frying pan for 5-6 minutes until crisp, then transfer to a plate with a slotted spoon. Add the onion and peppers to the pan and fry for 7-8 minutes until soft. Add the garlic and paprika and stir together for another minute. Tip in the chopped tomatoes, half-fill one of the empty tins with water and add to the pan with the sherry vinegar. Season well and simmer for 20 minutes. **2** Stir in the chorizo, butter beans and spinach, and simmer gently for 2-3 minutes until warmed through and the spinach has wilted. Serve with crusty bread rolls for mopping up the sauce.

Grilled salmon & chicory with cannellini bean mash

Cannellini beans make a lovely creamy mash that goes beautifully with fish

Serves 4 Prep time 5 minutes Cook time 30 minutes Calories 428 per serving



Calorie controlled cooking spray 1 large onion, finely sliced 2 garlic cloves, finely chopped 2 x 400g tins cannellini beans, drained and rinsed 200ml hot chicken stock made with ½ stock cube 1 tbsp extra virgin olive oil ½ tbsp lemon juice and zest of 1 lemon ½ tsp Dijon mustard 80g 0% fat natural Greek yogurt 4 x 130g skin-on salmon fillets 2 chicory bulbs, quartered 1 Mist a large frying pan with cooking spray and fry the onion over a medium heat for 10-12 minutes until softened and lightly caramelised. Add the garlic and fry for another minute. Tip in the beans and stock, bring to a boil, then turn down the heat and simmer for 4-5 minutes until most of the liquid has evaporated.
2 Meanwhile, make a dressing by whisking together the olive oil, lemon juice and mustard. Season to taste.
3 When the beans are ready, remove from

the heat and blitz until smooth with a stick

blender. Stir in most of the lemon zest and the yogurt. Season well, cover and keep warm.

4 Heat a large griddle pan until smoking hot. Mist the salmon fillets on both sides with cooking spray, then griddle for 4 minutes on each side until cooked through. Set aside on a plate. Griddle the chicory for a minute on each side until coloured.
5 Divide the mash, salmon and chicory among 4 plates. Drizzle over the dressing and scatter over the remaining lemon zest.

Food

Cook's tip

For garlic bean mash, replace the 2 cloves with a whole bulb of garlic, roasted in the oven until soft. Blitz with the beans until smooth

MARCH 2020 WW 55

Food

Cook's tip

Serve this as a side for 6 people, if you like. The SmartPoints will be



Mejadra (green lentil rice)

Layered with warm spices, sweet caramelised onions and the nutty, meaty texture of green lentils, this is a vegan dish that everyone will love

Serves 4 Prep time 5 minutes Cook time 45 minutes Calories 368 per serving

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1 tbsp olive oil 2 large onions, finely sliced 200g brown basmati rice 1 tsp ground cumin 1 tsp ground coriander ½ tsp ground turmeric ½ tsp ground allspice 350ml hot vegetable stock, made with 1 stock cube 400g tin green lentils, drained and rinsed Large handful fresh dill, roughly chopped Large handful fresh parsley, roughly chopped Large handful fresh coriander, roughly chopped 50g sultanas

1 Heat the oil in a large deep frying pan or casserole dish and fry the onions for 15 minutes until golden and caramelised, stirring regularly. Transfer the onions to a bowl with a slotted spoon. Add the rice and spices
to the pan and cook, stirring,
for 2 minutes. Pour in the stock
and 250ml freshly boiled water.
2 Bring to a boil, cover and
simmer for 20 minutes, adding
the lentils for the last minute.
Turn off the heat and allow to
stand for 10 minutes. Take
off the lid and fluff up the rice
with a fork, then stir in the fried
onions, chopped herbs and
sultanas. Serve immediately.

Next issue Frozen peas are a brilliant freezer standby and make a great SmartPoints-friendly addition to so many meals. We share three new ideas



On the pulse

WW member Marios says: 'We love pulses - they're so useful for bulking up a meal and keep you fuller for longer, saving SmartPoints and pennies! They're also easy: open the tin, rinse and throw in the pan. My partner, Shaun, and I use lentils in chilli con carne, and chickpeas for a great Zero SmartPoint houmous.' Read Marios' success story on P.20

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A little of what you love

With a tweak here and there, even the most indulgent of dishes can fit into your SmartPoints® Budget

Tricolour fettuccine Alfredo

Spiralised butternut squash and courgettes replace some of the pasta in this creamy dish, making it lower in SmartPoints

Serves 6 Prep time 20 minutes Cook time 15 minutes Calories 228 per serving

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SmartPoints per serving

120g fettuccine 700g butternut squash, spiralised 20g butter 3 garlic cloves, crushed 2 tbsp plain white flour 250ml skimmed milk 30g medium-fat soft cheese 60g Parmesan, grated 1 courgette, spiralised 15g fresh parsley, chopped

Bring a large pan of salted water to the boil. Cook the pasta according to the pack instructions, adding the squash for the final minute of cooking time. Drain, reserving some of the cooking water. **2** Meanwhile, melt the butter in a large frying pan over a medium heat. Add the garlic and fry, stirring often, for 1 minute. Whisk in the flour to form a paste, then gradually add the milk, whisking for about 30 seconds, until starting to thicken. Whisk in the soft cheese and 50g of the Parmesan to form a smooth sauce. **3** Add the raw courgette, the cooked pasta and butternut squash to the sauce, and stir over a low heat until well combined and piping hot. If needed, stir in some of the reserved pasta cooking water to loosen the sauce. Serve sprinkled with the remaining Parmesan and garnished with the chopped parsley.

Cook's tip

Choose a large butternut squash, and spiralise the stem rather than the bulb, as it's less fiddly

Chorizo & veggie enchila

We've made this classic Mexican dish SmartPoints®-friendly by using lots of ZeroPoint™ veg

Serves 10 Prep time 20 minutes Cook time 30 minutes Calories 269 per serving



SmartPoints per serving

Calorie controlled cooking spray 2 onions, chopped 1 large red pepper, deseeded and chopped 1 green pepper, deseeded and chopped 340g chestnut mushrooms, chopped 200g chorizo, finely chopped 1 tbsp lime juice 1 large garlic clove, crushed 1/2 tsp ground cumin **½ tsp** dried oregano 1/2 tsp chilli flakes 600g mild salsa, from a jar (we used Old El Paso) 12 x 21g small white corn tortillas 175g grated four cheese mix (we used Sainsbury's) 2 tbsp chopped fresh coriander 90ml reduced-fat soured cream 6 spring onions, finely sliced Lime wedges Tabasco (optional)

Preheat the oven to 180°C, fan 160°C, gas mark 4. Mist a 32 x 22cm baking dish with cooking spray. 2 Mist a large frying pan with cooking spray and place over a medium-high heat. Add the onions, peppers and mushrooms, season lightly with salt and fry, stirring frequently, for about 10 minutes until softened. Stir in the chorizo, lime juice, garlic, cumin, oregano and chilli flakes. Cook for 2 minutes. 3 Spread about 200g of the salsa over the base of the dish. Spoon over half the veg filling, then top with an overlapping layer of 6 tortillas. Spoon over the remaining filling, then top with another layer of 6 tortillas and the remaining salsa. Sprinkle over the cheese, then cover with foil and bake for 15-20 minutes until bubbling and piping hot throughout.

4 Leave the enchiladas to cool slightly before serving. Sprinkle over the chopped coriander and serve with the soured cream, spring onions, lime wedges and Tabasco (if using) on the side.

Cook's tip

This is a good recipe for using up any veg you might have left in your fridge, so get creative!

Food

Oven-baked coconut prawns with a chilli dipping sauce Juicy prawns covered in crunchy panko breadcrumbs are a perfect

Juicy prawns covered in crunchy panko breadcrumbs are a perfect match for the gentle heat of this fruity sweet chilli dipping sauce

Serves 6 Prep time 25 minutes Cook time 15 minutes Calories 188 per serving

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SmartPoints per serving

50g desiccated coconut 55g panko breadcrumbs 1 tsp coconut oil ¼ tsp mild curry powder 24 raw jumbo king prawns, peeled and deveined 1 large egg, beaten 3 tbsp reduced-sugar orange marmalade 3 tbsp Thai sweet chilli sauce 1 tbsp lime juice Pinch chilli flakes 1 spring onion, finely sliced

1 Preheat the oven to 220°C, fan 200°C, gas mark 7. Line a large baking tray with baking paper. 2 Combine the coconut and panko breadcrumbs in a shallow bowl. Heat the oil in a large frying pan over a medium-low heat, add the panko mixture and toast for 3 minutes, stirring, until golden. Remove from the heat, stir in the curry powder, and season with salt. Return the mixture to the bowl.
3 Dip the prawns into the beaten egg, then dredge in the

panko mixture to coat. Arrange on the lined baking tray and bake for 10-12 minutes until cooked through.

4 Meanwhile, whisk together the marmalade, chilli sauce, lime juice and chilli flakes, then season well. Transfer to a small serving bowl and garnish with the spring onions. Serve the prawns hot, with the bowl of dipping sauce on the side.

Cook's tip

This versatile dipping sauce goes well with all kinds of shellfish, veg and meat options



Mozzarella & pepperoni cauliflower crust pizza

Topped with gooey mozzarella and crispy pepperoni, this 'pizza' is just as good as the real thing

Serves 4 Prep time 20 minutes Cook time 35 minutes Calories 352 per serving



SmartPoints per serving

Calorie controlled cooking spray ½ large cauliflower, cut into florets **170g** grated light mozzarella **85g** plain flour 2 large eggs, lightly beaten 1 tsp chopped fresh oregano ½ tsp garlic granules 250g passata 20 pepperoni slices ½ tsp dried Italian mixed herbs Fresh basil leaves to garnish

1 Preheat the oven to 230°C, fan 210°C, gas mark 8. Line a large baking tray with baking paper and mist with cooking spray. 2 Put the cauliflower florets in the bowl of a food processor and pulse to a rice-like consistency. Tip into a large bowl and stir in 60g of the mozzarella, the flour, eggs, oregano and garlic granules. Season well.
3 Spoon the cauliflower mixture onto the baking trays to make 2 x 20cm circles, smoothing with the back of a spoon to create an even layer (mould the mixture into a heart shape with your hands, if you like). Bake for about 20 minutes until the bases are browned. Turn carefully and bake for 10 minutes more. 4 Remove from the oven, spoon over the passata and sprinkle with the remaining mozzarella. Top with the pepperoni, sprinkle over the dried herbs and bake until the cheese is golden and bubbling. Halve the pizzas, garnish with the basil and serve hot.

Spicy chicken nachos with avocado & lime cream

Nachos are designed for sharing and make the perfect dish for a night in with friends

Serves 6

Prep time 30 minutes Cook time 10 minutes Calories 340 per serving

888

SmartPoints per serving

330g cooked skinless chicken breast, chopped 225g passata 1 tsp ground cumin 1 tsp chilli powder Pinch cayenne pepper 60ml reduced-fat soured cream 1 tbsp lime juice Calorie controlled cooking spray 175g plain tortilla chips 85g half-fat Cheddar cheese, grated 200g mild salsa from a jar (we used Old El Paso) 75g avocado, diced 1 small red pepper, deseeded and diced 3 spring onions, finely sliced 2 tbsp pickled jalapeños, sliced 10g chopped fresh coriander Tabasco (optional) Combine the cooked chicken, passata, cumin, chilli powder and cayenne pepper in a medium saucepan. Set over a medium heat and warm through for 3-4 minutes until bubbling and hot.
 Stir together the soured cream and lime juice.
 Preheat the grill to mediumhigh. Mist a large baking tray with cooking spray.
 Arrange the tortilla chips on the baking tray in an even layer and top with the chicken mixture. Sprinkle over the cheese. Grill for 3-4 minutes until the cheese is bubbling, keeping the nachos about 15cm from the heat of the grill. **5** Drizzle the soured cream mixture and salsa over the nachos and scatter over the chopped avocado, pepper, spring onions, jalapeños and chopped coriander. Serve immediately, with Tabasco sauce if you like.

Food

Cook's tip

Watch the nachos carefully while they're under the grill in case the tortilla chips burn

Budget bites

Quesadilla crazy

Create a world of flavours with these variations on the classic Mexican snack of toasted filled flatbreads. They're perfect for sharing and lovely for lunch

Greek-style

Serves 2 Prep time 10 minutes Cook time 5 minutes Calories 292 per serving



1 small red onion, finely sliced ½ red pepper, finely sliced 50g black olives, halved 30g sundried tomatoes, roughly chopped 1 tsp dried oregano Calorie controlled cooking spray 2 x WW White Wraps 50g light grated mozzarella 50g light feta cheese, crumbled Combine the onion, pepper, olives, sundried tomatoes and oregano in a small bowl.
 Mist a large frying pan with cooking spray and set over a medium heat. Add one wrap. Top with half the cheese, the vegetables and the remaining cheese. Add the other wrap and mist with cooking spray. Cook for 3-4 minutes until the base is browned and the cheese has melted. Turn and cook for another 2 minutes.

Breakfast scramble

Serves 2 Prep time 10 minutes Cook time 20 minutes Calories 378 per serving

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SmartPoints per serving

Calorie controlled cooking spray 3 smoked bacon medallions, cut into strips 150g chestnut mushrooms, sliced 3 large eggs, lightly beaten 80g WW Reduced Fat Grated Cheese ½ tbsp roughly chopped fresh parsley 2 x WW Wholemeal Wraps

1 Mist a large frying pan with cooking spray and set over a medium heat. Fry the bacon medallions for 2 minutes until golden and cooked through. Set aside on a plate. Mist the

pan again and fry the mushrooms for 5 minutes until tender and golden, then add to the plate with the bacon. Wipe the pan clean, mist again and cook the eggs for 3-4 minutes, stirring, until just starting to set. Set aside in a bowl. 2 Wipe the pan clean, mist with cooking spray and set over a medium heat. Add a wrap and spoon over half of the cheese, the bacon, mushrooms and egg. Sprinkle over the remaining cheese and the parsley, then top with the other wrap and mist with cooking spray. Cook for 3-4 minutes, then turn carefully and cook for another 2 minutes.

Pepperoni pizza

Serves 2 Prep time 5 minutes Cook time 15 minutes Calories 354 per serving

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SmartPoints per serving

100g passata 2 tbsp tomato purée ½ garlic clove, crushed 1 tbsp finely chopped fresh basil Calorie controlled cooking spray 2 x WW White Wraps 80g WW Reduced Fat Grated Cheese 50g pepperoni slices

1 Preheat the oven to 200°C, fan 180°C, gas mark 6. Mix

Spicy chicken fajita

the passata, tomato purée, garlic and basil in a small bowl and season well. 2 Mist a large ovenproof frying pan with cooking spray and set over a medium heat. Add one wrap. Spoon over half the sauce, then add half the pepperoni and half the cheese. Top with the other wrap, cook for 3 minutes, then turn carefully and cook for another 2 minutes. Top with the remaining sauce, cheese and pepperoni, then bake for 7-8 minutes until the cheese is bubbling. Serve immediately.

Serves 2 Prep time 10 minutes Cook time 15 minutes Calories 359 per serving

988 8

SmartPoints per serving

Calorie controlled cooking spray 1 small onion, finely sliced ½ red pepper, finely sliced ½ yellow pepper, finely sliced 1 tbsp fajita seasoning mix 200g chunky tomato salsa

(we used Old El Paso) 100g cooked skinless chicken breast fillet, shredded

2 x WW White Wraps 80g WW Reduced Fat Grated Cheese

1 Mist a large frying pan with cooking spray and fry the onion and peppers for 6-8 minutes until soft. Add the

fajita seasoning and cook for another minute. Stir in the salsa and chicken, warm through, then set aside in a bowl. 2 Clean the pan, mist again and set over a medium heat. Add a wrap. Top with half of the cheese, chicken and peppers, then sprinkle over the remaining cheese. Top with the other wrap and mist with cooking spray. Cook for 3-4 minutes, turn, and cook for another 2 minutes.



You'll wonder how you ever lived without these food prep essentials – and they'll look great in your kitchen, too

- Our food editor Nadine

OXO Good Grips 3-in-1 avocado slicer, £6.99 (right) Split, pit, slice and scoop avos with ease using this handy gadget

Your kitchen kit

Our round-up of kitchen appliances and gadgets is designed to make your cooking journey easier and more fun. This month: time-savers and multi-taskers





WW microwave omelette maker, £7.95 A clever omelette maker that cooks eggs evenly and with minimal fuss. A healthy breakfast in minutes!



Keep your fridge fresh and stop random garlic cloves rolling round the shelves with this handy storer



Forma Eva Solo measuring trivet, £24 A true multipurpose hero, the unique design of this silicone trivet

this silicone trivet combines a worktop protector with five at-the-ready measuring spoons

Zyliss greens and herbs stripping tool, £7.99

If you find it fiddly to remove stalks, you'll love this innovative tool that pulls the leaves – from tough kale to tiny thyme – right off for you



Timesaver tips

NADINE SAYS:

'Gadgets are super-useful, but nothing beats a little know-how. I always rely on these top tips I've collected over the years to help me in the kitchen.'

Keep the peel

If you use fresh ginger, you can leave the skin on. It's safe to eat and will save time on peeling. Just rinse it first.

Speedy garlic

Before crushing garlic cloves, add a little salt to them, skin on, with the flat side of a knife. It'll help break them down more quickly.

Vinegar winner

Adding vinegar to the water when poaching eggs is well-known. But did you know: when boiling eggs, a little vinegar makes it easier to peel them?

A little squeeze

When you need just a touch of lemon juice and don't want to waste the halves, roll your lemon on the worktop, pierce one end with a skewer or toothpick and squeeze.

That's shallot

To peel shallots quickly, try soaking them in freshly boiled water for a few minutes. Then rinse in cold water – they should just slip smoothly out of their skins.

What's new in store?

There's no need to trawl the supermarket aisles. Here's a selection of the latest treats and gadgets to help you on your wellness journey



FLAVOURFUL MORNINGS

At only 2 calories a cup and without sugar or sweeteners, Beanies flavoured instant coffee is your not-so-guilty pleasure. Over 20 flavours available. Enter the code WW10 for 10% off your order at beaniesflavourco.co.uk and see which one – or more – tickles your tastebuds.



KEEP IT LEAN

Tasty, lean and high in protein, no wonder the Heck chicken range is so popular. Try top-selling Chicken Italia Chipolatas or a delicious Chicken Burger. Sausage flavours include Spring Chicken and Smokey Paprika. Heck products are widely available and online at heckfood.co.uk



NUTS FOR DESSERT

Have your cake and eat it with Bells & Whistles cake slices, which allow you to indulge without worrying. With a baked coconut and almond base, smooth ganache and rich vegan choc top, each slice has less than 120 calories. At selected Asda, Sainsbury's, Waitrose and Morrisons stores.



FEEL THE HEAT

Say goodbye to undercooked or dry meat and achieve cooking perfection every time with the SuperFast Thermapen thermometer. A kitchen essential of celebrity chefs and professional cooks, it's also ideal for home chefs, bakers and BBQ enthusiasts. Find out more at thermapen.co.uk



SWEET TEMPTATION

This range of plant-based, dairy-free desserts by Coconut Collaborative is perfect for anyone who can't resist a sweet treat. These tempting coconut and low-calorie puds are thick, creamy and taste as good as, if not better than, their dairy equivalent.



Food

Check it out

Food editor Nadine Brown discovers ready-made grocery goodies with the SmartPoints® counted so you don't have to

TREND SPOTTER

We're currently loving Elmlea Plant, the UK's first plant-based cream alternative. It whips and cooks just like regular cream and doesn't split, even if you're using it to make a creamy pasta. In either single or double, it's 100% plant based and



RITZY **RISOTTO**

Gallo My Risotto

Perfetto Saffron,

£2, Ocado,

SmartPoints per

85g serving

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100% a must in a vegan kitchen. Elmlea Plant

Double, £1.10, Sainsbury's, SmartPoints per tbsp 2 2 2







TRY THESE PIES FOR SIZE

Young's Low Fat **Ocean Crumble 262g,** £2.25, Ocado, SmartPoints per pie



256

Wall's Vegan Jumbo Roll 120g £1.25. Tesco SmartPoints, per roll



Love Your Veg! Lentil Cottage Pie 384g £2, Sainsbury's, SmartPoints per pie





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WW Creamy Chicken, Leek & Mushroom Pie 400g £2.55, Asda, SmartPoints per pie







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Get cooking!

The new *myWW Cookbook* has landed and it's full of the foods we know you'll love, from quick weekday dinners to breakfasts and snacks, plus the SmartPoints[®] values for Blue, Green and Purple plans. Here's your taster...

Garlicky kale & bean stuffed potatoes

These double-baked potatoes are bursting with extra flavour

Serves 4 Prep time 20 minutes Cook time 1 hour 5 minutes Calories 430 per serving



SmartPoints per serving

4 x 220g baking potatoes 2 tsp olive oil 1 red pepper, deseeded and thinly sliced 1 red onion, halved and cut into thin wedges 2 tsp fresh thyme leaves 2 garlic cloves, sliced 120g shredded curly kale 400g tin cannellini beans, drained and rinsed 80ml vegetable stock, made using ½ stock cube 1 tbsp low-fat spread

1 Preheat the oven to 200°C, fan 180°C, gas mark 6. Wash and dry the potatoes and prick all over with a fork and put on a baking tray. Bake for 1 hour, until cooked. Set aside to cool slightly. 2 Meanwhile, heat the oil in a large nonstick frying pan over a medium heat. Cook the pepper, onion, thyme and garlic, stirring continously for 10 minutes, until very soft. Add the kale and keep stirring for 5 minutes, until wilted. Add water if the veg starts to dry out. Set aside and keep warm. **3** Reserve 90g of the beans and put the rest into a food processor. Blitz until smooth, then transfer to a medium-size bowl.

4 When the potatoes are cool enough to handle, cut them in half, lengthwise. Scoop out the flesh, leaving a 1cm-thick shell. Put the potato flesh in with the puréed beans, then mash with a fork to combine. Stir in the stock and low-fat spread, then season to taste. Spoon the mixture into the potato shells and return to the baking tray. Bake for 5 minutes.
5 Stir the reserved beans through the pepper, garlic and kale mixture and season to taste. Pile on top of the potatoes and serve.

myWW Cookbo

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Recir



Herbed ricotta & bacon frittata

We like basil and parsley in this easy frittata, but you could use other herb combos, such as chives and dill or mint and coriander – whatever you fancy!

Serves 4 Prep time 10 minutes Cook time 20 minutes Calories 227 per serving



SmartPoints per serving

2 tsp olive oil 4 unsmoked bacon medallions, cut into thin strips 5 large eggs 60ml semi-skimmed milk Handful fresh basil leaves, chopped, plus extra leaves to serve Handful fresh flat-leaf parsley, leaves picked and chopped 120g ricotta

20g Parmesan, grated

1 Preheat the oven to 200°C, fan 180°C, gas mark 6. Heat half the oil in a 22cm

ovenproof frying pan over a medium heat. Cook the bacon for 2 minutes, until browned, then remove from the pan and set aside on a plate. **2** In a medium bowl, beat the eggs and milk together. When combined, season well, then stir in the bacon, basil and parsley.

3 Heat the remaining oil in the frying pan on a medium heat, then pour in the egg mixture. Dot the ricotta evenly over the top and scatter over the Parmesan. Cook for 4-5 minutes until the eggs are starting to set at the edges.

4 Transfer the frying pan to the oven and bake for 10 minutes or until the frittata is firm in the centre and the top is browned in places. Remove from the oven and let cool for 5 minutes. Season, scatter over the extra basil and cut into quarters to serve.



Avocado chocolate cake

Ready to venture beyond avo on toast? Turn your hand to this rich, dark and totally delicious cake that replaces butter with avocado

Serves 16 Prep time 20 minutes + cooling Cook time 45 minutes Calories 145 per serving

6 6 6 🛞 🌍 SmartPoints® per serving

Calorie controlled cooking spray 100g dark chocolate (50% cocoa solids), chopped 175g plain flour 50g unsweetened cocoa powder 150g caster sugar 1 tsp baking powder ¾ tsp bicarbonate of soda 200g fat-free natural yogurt 85g avocado flesh 2 eggs 2 tsp vanilla extract 1 tsp icing sugar, to decorate Small handful fresh mint leaves, to decorate

1 Preheat the oven to 180°C, fan 160°C, gas mark 4. Line the base of a 20cm round cake tin with baking paper. Mist the sides with cooking spray.
2 Melt the chocolate in a microwave-safe
bowl in 20-second bursts, stirring after each
burst. Set aside to cool slightly.
3 In a large bowl, combine the flour, cocoa, caster
sugar, baking powder, bicarb and a pinch of salt.
4 Put the yogurt and avocado in a blender and
blitz to a purée. Add the eggs and vanilla
extract and blitz until combined.

5 Add the yogurt mixture and melted chocolate to the dry ingredients with 100ml boiling water. Stir until smooth. Pour into the prepared tin, level with a spatula and bake for 40-45 minutes until a skewer inserted into the centre comes out clean.
6 Cool in the tin for 10 minutes, then turn out onto a wire rack to cool completely. Dust with the icing sugar and decorate with the mint leaves.

Fruit & grain snack bars

A portable snack that satisfies at any time

Makes 32 Prep time 15 minutes Cook time 15 minutes



SmartPoints per serving

Calories 80 per serving

Calorie controlled cooking spray 90g dried apricots 70g dried cranberries 70g raisins 90g porridge oats 75g unsalted sunflower seeds 30g wheat bran 50g chopped pecans or walnuts 50g skimmed milk powder 30g wholemeal flour 1 tsp ground cinnamon 1 ripe banana, cut into chunks 2 eggs 100g maple syrup 1 tsp vanilla extract

1 Preheat the oven to 180°C, fan 160°C, gas mark 4. Mist a 22 x 32cm baking tray with cooking spray and line with baking paper, leaving a little overhang. 2 Put the dried fruit, oats, seeds, bran, nuts, milk powder, flour, cinnamon and ½ tsp salt in a food processor, then blitz until the dried fruit is finely chopped. Add the remaining ingredients and blitz until just combined. 3 Press into the baking tray and bake for 15 minutes, or until golden and firm. Cool completely in the tray on a wire rack, then lift out with the baking paper and cut into 32 bars.



Check out the new **myWW Cookbook**, £14.95 in Workshops and online
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Cook's tip These bars will keep in an airtight container in the fridge for up to 5 days or freeze for up to 4 months

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Cook's tip

The roasted rhubarb and strawberries will keep in a sealed container in the fridge for up to a week

Thanks a brunch

These sweet and savoury recipe ideas will be a big hit with the family on Mother's Day – or any day when you fancy making something simple and a little bit special

Cook's tip

Serve with fruit, fresh or tinned in juice, drained (we used cherries) for no extra SmartPoints®

Chocolate & ricotta pancakes with roasted rhubarb & strawberries

The combination of berries and chocolate is a winning one that's sure to impress

Serves 6

Prep time 10 minutes Cook time 20 minutes Calories 257 per serving



400g rhubarb, cut into 3cm pieces 250g strawberries, halved 45g caster sugar 260g ricotta 185ml skimmed milk 3 eggs, separated 150g self-raising flour 2 tbsp cocoa powder Calorie controlled cooking spray 120g 0% fat natural Greek yogurt

 Preheat the oven to 200°C, fan 180°C, gas mark 6. Line a baking tray with baking paper and spread the rhubarb and strawberries over it. Sprinkle with 30g of the sugar and toss to coat. Roast for 20 minutes or until softened.
 Meanwhile, whisk the ricotta, milk and egg

Cinnamon baked French toast

A luscious treat packed with spices and juicy raisins

Serves 8

Prep time 10 minutes + chilling Cook time 35 minutes Calories 177 per serving



Calorie controlled cooking spray 8 slices raisin bread, halved diagonally 6 eggs

250ml skimmed milk 2 tbsp demerara sugar 1 tsp vanilla extract ¾ tsp ground cinnamon Large pinch ground nutmeg

Lightly mist a 20 x 28cm rectangular ovenproof dish with cooking spray. Arrange the raisin bread in the dish, slightly overlapping the slices. 2 In a large jug, whisk the eggs with the milk, 11/2 tablespoons of the sugar, the vanilla, cinnamon, nutmeg and a pinch of salt. Pour evenly over the raisin bread and press down lightly to help absorb the egg mixture. Cover and chill for at least 1 hour or overnight. **3** Preheat the oven to 200°C, fan 180°C, gas mark 6. Uncover the dish and sprinkle with the remaining sugar. Bake for 35 minutes or until puffed and golden. Set aside to cool for 10 minutes before slicing and serving.

yolks in a large bowl. Sift in the flour and cocoa, add the remaining sugar and whisk until combined. Using an electric beater, whisk the egg whites to stiff peaks in a separate clean, dry bowl. Gently fold into the ricotta mixture. **3** Mist a large nonstick frying pan with cooking spray and set over a medium heat. Spoon in enough batter to make 4 small pancakes. Cook for 2-3 minutes on each side or until golden and cooked through. Transfer to a plate, cover and keep warm. Repeat with the remaining mixture to make 8 more pancakes. 4 Divide the pancakes among 6 plates and top with the roasted fruit and any cooking juices. Serve with the yogurt.



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Potato & chorizo hash

Punchy Mediterranean flavours give this easy hash instant appeal

Serves 4

Prep time 15 minutes Cook time 15 minutes Calories 308 per serving



SmartPoints per serving

250g potatoes, cut into 2cm pieces 1 red onion, roughly chopped 2 red peppers, deseeded and cut into 2cm pieces 120g chorizo sausage, sliced 1 garlic clove, crushed 100g button mushrooms, quartered 4 tomatoes, cut into wedges 2 tsp paprika 4 eggs Fresh parsley sprigs, to garnish

1 Cook the potatoes in a pan of boiling water for 10 minutes or until just tender. Drain. **2** Meanwhile, mist a large nonstick frying pan with cooking spray and set over a medium heat. Cook the onion and peppers for 2-3 minutes or until softened, stirring often. Add the chorizo slices and cook for 2 minutes, or until browned. Add the mushrooms and garlic and cook, stirring, for 2 minutes. Stir through the tomatoes and paprika and cook for another 2-3 minutes or until the tomatoes have softened. Stir in the cooked potatoes. **3** Carefully crack the eggs into a pan of simmering water and poach for 3-4 minutes or until cooked to your liking. Remove with a slotted spoon and transfer to a plate lined with kitchen paper to drain. 4 Divide the hash mixture among 4 bowls, top each with a poached egg, grind over a little black pepper and garnish with sprigs of fresh parsley. Serve immediately.

Cook's tip

If you have individual WW Egg Poachers, use them to make beautifully rounded poached eggs



COOK & DISCOVER Delicious meals with our recipe kits

- 🤣 🛛 WW MEAL PLAN FRIENDLY
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- SERVES 4

EXCLUSIVE FER





Let's eat out

Fancy a coffee?

When you're meeting friends, there's no need to miss out. Arm yourself with our expert tips and you're good to go

It's estimated that by 2030, Britain will have more coffee shops than pubs, as an average of three new outlets open on our high streets every day. Industry experts say we order more than 2.4 billion hot drinks in coffee shops every year, with a latte the most popular choice, followed by tea and americano. Recent trends include the rise of the flat white and an increase in demand for non-dairy 'milks' such as oat and almond. Whether your working day starts with a takeaway espresso, or you like to catch up with friends over a cappuccino at the weekend, these SmartPoints®-friendly tips will keep you on track.

2 KNOW YOUR SERVING SIZES

The names of the various serving sizes in different chains can be confusing - and there can be a big difference in SmartPoints. On the menu in Starbucks, for example, a 'short' 3 SmartPoints; a 'tall' has 6 SmartPoints and a 'venti' has 9 SmartPoints. If in doubt, check the size of the serving cup when you order.

3 BEWARE OF 'SEASONAL SPECIAL' COFFEES

Many of these are high in sugar and calories – in fact they're more like indulgent desserts than drinks, thanks to added syrups, salted caramel, whipped cream and other sugary or fatty ingredients. If you like to customise your drinks, an extra flavoured syrup won't add SmartPoints, but remember to track any other additions.

Get wise to juice and smoothies Although most fresh fruits are ZeroPoint[™] foods, freshly squeezed juices or smoothies have a SmartPoints value. This is because juice and blended fruit are much easier and quicker to consume than whole fruit, and may not fill you up in the same way. Smoothies can also contain other ingredients, such as honey or full-fat yogurt, which have a SmartPoints value, so check before you order.

5 CONSIDER DAIRY ALTERNATIVES such as oat,

almond, soya or coconut 'milk'. Some choose them for dietary reasons; others simply enjoy the taste. The SmartPoints will vary from chain to chain depending on whether they're sweetened, so check and track your choice.

Let WW help you! You'll find SmartPoints values for popular coffee shop chains including Caffè Nero, Costa Coffee, McDonald's, M&S Café, Greggs, Pret, Starbucks and Subway on the WW app, so you can track while waiting for your order.



Next issue We're talking Italian, with a SmartPoints-friendly guide to pizza and pasta favourites



Recipe index

Here's where to find this month's delicious recipes

Useful information

• All spoon measures are level; all eggs, fruit and veg are medium unless stated otherwise. • Low-fat spread means a light spread with a fat content of no more than 39%. • Recipes displaying a gluten-free symbol include ingredients that naturally do not contain gluten, but might contain processed products, such as sauces, stock cubes or spice mixes. If so, you should ensure those products do not include any gluten-containing

ingredients (wheat, barley or rye). For more information, visit coeliac.org.uk Recipes displaying a dairy-free symbol

include ingredients that are naturally dairyfree, but which might have been processed in facilities that also handle dairy foods. If you have a dairy allergy, check ingredients labels. Recipes displaying a vegetarian symbol include non-meat-based ingredients, but might contain processed products that aren't always vegetarian, such as Parmesan and pesto. Please check the ingredients labels.

• Recipes displaying a vegan symbol include no products made from or with the aid of animals or animal products.

• Recipes displaying a nut-free symbol include ingredients that do not contain nuts, but might include ingredients produced in facilities that also handle nut products. If you have a nut allergy, please check ingredients labels.

 SmartPoints[®] have been calculated using the values for generic foods, not brands (except where stated). Tracking with branded items might affect the recorded SmartPoints. All SmartPoints values are per serving.

Key to symbols

Gluten-free

Recipes do not include any ingredients that contain gluten

Dairv-free



Recipes do not include any ingredients that contain dairy

Nut-free

Recipes do not include any ingredients that contain nuts

Vegetarian

Recipes that are meat-free and use only vegetarian ingredients

Vegan



Recipes that do not contain any animal products



Asian beef & noodle bowl P42



Aubergine steaks with chimichurri P53





Avocado chocolate cake P72





Breakfast scramble quesadillas P64





Chocolate pancakes with rhubarb P75





Chorizo & veggie enchiladas P60





Cinnamon baked French toast P75 7 5 5

Herbed ricotta &

7 4 4

bacon frittatta P71

macaroni bake P41

Spiced marmalade

10 9 9

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chicken & sprouts P43

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Fast filo fish pie P46

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Fruit & grain snack bars P73 3 3 3





Garlicky kale & bean stuffed potatoes P70 12 10 1



Greek-style quesadillas P64





Mejadra (green lentil rice) P56





Mozzarella & pepperoni pizza P62 10 9 9



& chilli sauce P61 8 7 7





Sesame tuna with soba noodles P51 11 9 4

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Tricolour Alfredo fettuccine P59 6 6 6

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Spanish-style butter bean stew P54 10 8 8



6 1 1



12 12





Spiced squash and quinoa bowl P34 6 5 2



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cannellini mash P55 9 1 1





Spicy chicken fajita quesadillas P64 9 8 8

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Get fit on two wheels whatever the weather

All you need to know about indoor and outdoor cycling (P. 84)

Celebrating a fitness or health milestone? Share your successes using the #wwmaguk hashtag on Instagram



Pedal power

Whether you're the fastest thing on two wheels or willing but wobbly, our guide to cycling will help you pedal your way to a get-healthy habit for life

WORDS LARA PALAMOUDIAN

herever you are on your get-fit journey, whether you're just getting started or are already underway, chances are you've considered cycling as a way to tone up and boost your health. Bike riding is rising in popularity, with the number of people in the UK who cycle up by 66 per cent, according to British Cycling. 'Many of them have been inspired by exciting cycling events on TV,' says Neil Atkinson, cycle sport education manager for British Cycling.

'And there are now lots of options for budding cyclists, including great bike networks around the country. These make it easy and fun for families to get involved too.' In addition, Let's Ride has details of free organised rides, routes and festivals. If you don't fancy braving the elements, indoor cycling can be a great cardio and strength workout too.

Like other forms of aerobic exercise, regular cycling can help improve your health, reducing the risk of conditions such as heart disease, Type 2 diabetes and stroke. Riding a bike can also make you feel better, as it's clinically proven to improve mental health conditions, including depression and anxiety. And it's great for all-round fitness and helping to maintain a healthy weight. Just 30 minutes of medium-intensity pedalling can earn you 6 FitPoints®*.

Better still, if you find jogging or step classes difficult, you might find cycling easier. 'Riding a bike is a low-impact exercise, so it's easier on your joints compared to high-impact aerobic activities like running,' says Neil.

The great outdoors

Cycling outside in the fresh air covers a whole range of activities, from commuting to work, touring the countryside or just cycling down to the shops and back. Whichever form you choose, you'll get fitter, help the environment, save money and help improve your overall wellbeing. Studies suggest that exercising in a natural environment can help increase energy and positivity, while helping to reduce feelings of tension and depression.

For most types of outdoor cycling, an entry-level mountain bike will suffice,

says Neil. There's no need to spend a lot of money, and with the huge range of options, from road bikes to hybrids (a cross between a mountain and road bike) and the new e-bikes (electric bikes), you're bound to find one you like.

'E-bikes are more expensive, but can be great for people who are older, heavier or have joint problems,' says Neil. 'I've seen a lot of people find enjoyment in cycling again, thanks to e-bikes, which provide a little extra help.'

Once you have your bike, get your saddle height properly checked in a cycle shop to ensure comfortable and safe rides. And to begin with, you don't need to worry too much about cycling gear. Neil says, 'Wear whatever you feel comfortable in. Your aim is to just get on the bike and enjoy it. If you plan to take on more challenging routes, you might like to buy specific adventure clothing, such as padded shorts and a waterproof jacket.'

If you're nervous about riding outside or need a refresher after time away from the saddle, Cycling UK and Bikeability run courses throughout the year for both children and adults.



Your outdoor routine Try Neil Atkinson's expert tips for building up a cycling fitness routine

• Start off with 15–20-minute cycling sessions outdoors, near where you live. Every week add five minutes to your session, if you can.

• Stick to flat ground and hard surfaces at first. As your confidence grows, mix up your routine with new routes in parks or on forest paths, and challenge yourself with a couple of hills.

Buddy up with a friend and cycle together or join a cycle group.
Use your gears. If pedalling is getting too difficult, knock it down a couple of gears to make it easier.
Want a long-term challenge? Try the British Cycling 8 Week Sofa to 50k training plan. It's suitable for every level and is available to download free at britishcycling.org.uk *Find downloadable cycle routes at letsride.co.uk/routes*

Cycling at home

Indoor cycling has come a long way from the days of pedalling up a sweat on a rickety exercise bike while staring at the kitchen or bedroom wall! For example, there's Peloton, an immersive online cycle studio experience with over 90 live classes. The bike costs from £1,990 and membership is £39 per month, or subscribe to the app alone for £12.99 per month.

Cheaper options, which you can use with any home bike, include Zwift, which turns indoor training into a game and offers six virtual worlds to ride in for £12.99 per month. Meanwhile, Rouvy offers a mix of virtual riding and interval training for £9 per month.

'Indoors, there's no stopping for traffic or people walking through the park, so you can push yourself that bit harder,' says Neil Atkinson. 'If it gets too much, you can always stop when you want a break.'

With indoor cycling, you have a reduced risk of injury as you control the resistance and intensity on your bike at any given point.

If you don't have an exercise bike, you can clamp your outdoor bike to a turbo trainer. Basic models start from around £50.

Your indoor routine Neil's smart indoor

cycling routine

Try a 15-20 minute session to start with.
Add five minutes every week until you've built up to 45 minutes a session.
While sitting, place your heel on the pedal at the bottom of the pedal stroke (6 o'clock) – there should be a slight bend in your knee – if not, adjust your saddle up or down to set the correct height.

• Don't push your body too hard, too soon – warm up with a slow five-minute cycle at the beginning and cool down with a slow five minutes at the end.

● Don't worry too much about adding resistance or doing sprints when you start your cycling routine – it's the commitment to regular exercise that's most important. ◆





Name Kath Drysdale Age 50 Weight lost 1st 11lb

WW Workshop Coach at The Boghall Drop in Centre, West Lothian

Kath Drysdale is a WW Coach and indoor cycling instructor at Cycle Wright, Livingstone

Cycling has brought so much to my life, in more ways than I ever could have imagined. Since I took it up, I not only have more energy, but I'm much more mindful, which keeps me calm especially when under pressure.

I joined WW in 2012 because I was approaching the menopause and wasn't feeling good about myself. I started cycling to maintain my weight loss. I hadn't cycled since I was a child, so I took things slowly. And because I was enjoying my cycling routine, my husband suggested I try an indoor cycling class.

I really enjoyed being part of a group, as well as the sense of satisfaction and endorphin buzz. After a year of classes, my instructor suggested I try training as an instructor and taking my own class, so I went for it and haven't looked back. Now I'm a WW Coach and an indoor cycling instructor too, taking classes once a week for 10-12 people. I have a few WW members in my classes, and seeing their confidence grow just as mine did is amazing.



Group classes

There's a huge range of indoor cycling classes on offer, from basic sessions at your local leisure centre to on-trend Boom Cycle and Soul Cycle classes. They all have different music, instructor styles and levels of intensity, so speak to the instructors before you book or try a couple of classes first to see what suits you and your fitness level.

'An indoor cycling class can be an unforgettable experience; you can get lost in the fun, and the best part is the euphoric post-workout high,' says Israel Rivera, head of group exercise at Virgin Active. 'If you love interval-based training and have a competitive spirit, then performance classes are a great option for you. If you're driven by great tunes and an environment that's motivating, entertaining and leaves room for you to escape reality for 45 minutes, then entertainment-based classes will be right up your alley.'

It's worth noting that spin bikes aren't like standard indoor training bikes – they usually have a heavy weighted flywheel that's linked to the pedals (riding one is much like using a fixed gear bike) so your legs don't stop moving and every second is put to good use. 'The resistance really is your friend and the workout itself will help you reduce body fat, improve your heart health and develop lean muscle mass,' says Israel.



Make the most of indoor classes

Israel Rivera of Virgin Active has these top tips:

If you're new, get there early. That way you can introduce yourself to the instructor, let them know about any injuries or limitations, and ask for help with the proper bike set-up.
It's generally best to bring the seat to hip bone height. Get on the bike, then bring your pedal to a three o'clock position. Check to see that your knee is just above the ball of your foot. Press down on the pedal to six o'clock and check that there's a slight bend to your knee. • Avoid baggy clothing, which can get caught up in the pedals. • Hydrate before, during and after class.

• Always take a moment to stretch, especially the hips. Try a standing figure four stretch: bend your knee and cross the ankle over the opposite knee and sit back, holding onto something sturdy for support.



Name Steve Lewis Age 47 Weight lost 5st WW Workshop Field Place, Worthing Coach Dawn Ford Connect steve_lewis

Steve Lewis caught the cycling bug after being inspired at his local WW Workshop

When I joined WW with my wife in May 2017, I wanted to get fit and have a healthy diet. At the first meeting our Coach, Fiona Thomas, spoke about fitness and that weekend I went to Halfords and bought a road bike. I hadn't cycled before, but began cycling to work. Heading out in all kinds of weather was tough to start with, but I soon got used to it. My blood pressure went down and I was losing weight every week. Eventually I built up to cycling 100-150 miles a week.

After that there was no stopping me. In May 2018, I cycled from Paris to London (300 miles) over three days, in aid of the blood cancer charity Bloodwise, raising £2,500. I also took part in the Brighton Ride and placed 46th. Last April, I joined a cycling club and am planning to cycle from Land's End to John O'Groats – 1,000 miles in 10 days.

Anyone can do cycling because it's low impact; you build up your distances over time. But be it a gentle ride in the park or racing, it's one of the best things I've ever done for my health and wellbeing.

Life



Make it a (healthier) habit

Can you train your brain to make choices that are better for you? Yes, you can – and it might not take as long as you think

WORDS HELEN FOSTER

hen it comes to adopting a healthier lifestyle, you have a secret weapon at your disposal that makes everything so much easier: your brain. It has the power to create a world where making healthy choices is so normal that you don't think about it, while less healthy habits become a thing of the past. Here's how to make it work for you.

When we think about the word 'habit', we automatically think of bad habits, like smoking or drinking to excess. But much of what you do every day is habitual: brushing your teeth after breakfast is a habit, or buying your daily morning coffee. 'A habit can be any sort of behaviour that we repeat on a regular basis, without being aware of the cognitive processes going on in the background,' says psychologist and author of The Shrinkology Solution, Dr Meg Arroll. In other words, it's anything you just do without thinking about it. It's been estimated that 40 per cent of the things we do each day are habitual rather than conscious choices.

Developing habits is the way the brain copes with life. 'There's simply too much information to take in every day and if we had to make conscious decisions about every action, the brain would react rather like a computer – freezing when too many applications are open,' says Dr Arroll. 'For example, each day we make around 200 behavioural decisions about food or eating. If we had to focus on every one of them, we'd crash, so many of them become driven by habit.'

The brain forms a habit by creating neural pathways along which your thoughts automatically travel whenever you do something. The more you repeat an action, the deeper and more entrenched the pathway becomes – just as a path eventually forms where everyone walks on the grass. Say, for example, every night after dinner you decide to have a biscuit as you switch on Netflix. If you do that night after night after night, your brain eventually creates a pathway, which means once you pick up the remote control, you'll also reach for the cookie, even before you've had time to consider if you really want it. That's a habit.

How to break a bad habit

'Most habits are somewhat outside of our conscious awareness – we don't know what they are or what triggers them – but identifying an unwanted habit is the first step to breaking it,' says Dr Arroll. However, the biggest mistake people make at this point is to try and suddenly stop doing whatever their bad habit is. Often that won't work because, if you still eat dinner and switch on Netflix, your thoughts will automatically

40 per cent of the things we do each day are habitual

want to go down this well-worn pathway. So, to break any unwanted habit, you have to create a new neural pathway for your thoughts to travel down – and the key to this is something psychologists call the 'habit loop'.

'The concept behind the habit loop is that every habit is made up of three essential parts: the cue or trigger; the routine; and the reward. Understanding how these work at each stage can help us break habits,' says psychologist Dr Joanna Konstantopoulou, from the Health Psychology Clinic, London.

First, there's a cue that prompts you to do the habitual behaviour – in our

earlier example it's switching on Netflix after dinner. Then there's the routine or action you have fallen into in response to that cue: having a biscuit. Finally, there's the reward you gain from that behaviour: the pleasure you get from the taste of your snack. 'Once you understand each of the steps in your habit, you can change things,' says Dr Konstantopoulou. 'And it often helps to start with the cue.'

Changing this trigger can help because it stops the whole brain-habit process before it starts – so, instead of turning on the television, try reading a magazine to relax after dinner instead. Plus, finding a way to change the routine helps to stop your behaviour in its tracks – for example, if you don't buy the biscuits in the first place, they won't be there when you look in the cupboard.

Once you work out exactly what reward(s) you get from eating the biscuit (giving yourself something to do, taste, etc), you can substitute it with a new behaviour that brings similar feelings of reward. Your brain will soon treat this as a habit you should keep. 'I suggest you keep a "wins and achievements" journal, where you record each time you acted in a desired way,' says NLP master coach Mojca Henigman. 'This helps to reinforce to your conscious and subconscious mind how capable you are of changing. Also, praising ourselves gives its own sense of reward.'

Keeping a diary can also help in another way – the reward you're hoping to get from a habit isn't always what you think it's going to be. One of the best examples of this appears in the book *The Power of Habit*, in which the author, Charles Duhigg, gained nearly 4kg (7lb) just by eating a cookie in the middle of the afternoon every day. At first he thought he was doing it because he wanted a sugar-lift, but by analysing his thoughts he realised that wasn't it at all. The reward he was getting was seeing \diamondsuit

Life

and being among people when he went to go and buy it. Once he worked that out, he simply went to find someone for a chat instead.

Creating healthy habits

But what if, instead of breaking a bad habit, you're keen to start a new healthy one, such as eating more fruit or going to the gym three times a week? Well, you can use the habit loop to create healthy habits, too. This is actually a bit easier to do, as all you're doing is creating new pathways in the brain; you don't have to erase an established one, and the process is the same.

First, create a cue for your new behaviour by adding it to an activity that's already a routine in your life. Scientists call this 'anchoring'. 'It's a great way to get a new habit started,' says Dr Arroll. 'Say, for example, you need to start taking a pill on a daily basis. You can anchor that to something you already do each morning, like making a cup of tea, and take the pill when you boil the kettle. Eventually, the tea-making becomes the cue to take the pill and you no longer have to think about it.' If you want to eat more fruit, you might anchor doing that to having a cup of coffee after lunch.

Once you've set up your new habit, keep doing it. Repeating the behaviour over and over again is what creates the habit pathway in your brain. And, if you slip up, don't dwell on it. 'Forgetting doesn't mean it's not working; it just shows that it can be difficult,' says Dr Konstantopoulou. 'Stay patient and just let today go; focus on successfully making the change the next day.'

When things go right, celebrate! Your brain only creates habits around things that give you pleasure. So focus on telling yourself how good you feel about your new healthy routine. This is easy with an activity like exercise, as you feel good about having done it, which may also improve your mood – but when it comes to something like making a better choice for your meal at lunchtime, you might have to look a bit deeper.

'Think about your overall end goal for making the change and focus on how the step you just made will take you towards it,' says Mojca Henigman. 'Bring the vision into your mind and revel in the feeling of moving towards it.' The more your brain understands that this behaviour makes you feel good, the quicker it will build those neural pathways and the faster you'll create your new healthier habit.



Practice makes perfect

However, one thing to remember is that breaking or making habits doesn't happen overnight. 'On average it takes 66 days to break a habit or form a new one,' says Dr Arroll. 'This does vary between individuals, but anyone, of any age, can change their habits.' If it takes a bit longer than 66 days, be patient. In one study at the University of London, it took people 18-254 days to break a habit – but the point is, it did happen. As long as you repeat your new behaviour and build that new brain pathway, eventually your thoughts will automatically travel down it, making everything easier. So easy, you won't even notice you're doing it.



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Make food your friend

Dietitian Tony Hirving and clinical psychologist Linda Blair advise a reader who has conflicting feelings about food O I can't stop thinking about foods in terms of 'good' or 'bad', and I feel guilty when I eat 'naughty' foods. I don't feel this way of thinking is helpful to me, but how can I change it?





Tony Hirving

The ancient Greek doctor Hippocrates famously said, 'Let food be thy medicine and medicine be thy food', which beautifully sums up the importance of food to our health and wellbeing. But the food environment most of us live in now is very different from that of the fourth century BC, when Hippocrates was alive.

Today, we're exposed to many more different kinds of foods, and the choice in supermarkets can be truly overwhelming. Sometimes the temptations on offer are just too hard to resist.

Foods that trigger the desire to eat, even though we may not be hungry, are typically high in fat, sugar or salt. Let's remember, though, that each of these nutrients, in small amounts, do us 'good'. The sucrose sugar in the biscuits that I might eat a few times a week is actually no different to the sucrose sugar in the few portions of fruit I eat every day. Our body treats sucrose in the same way, regardless of its source: it's digested into glucose and fructose, then absorbed to be used as energy.

Think about food labels

Food is often labelled as 'good' or 'bad' depending on its potential health impact. Fruit is 'good' because it provides vitamin C, minerals and fibre, as well as sucrose and other sugars. You may think of biscuits as being 'bad' because they tend to contain a lot of fat and sugar, and thus are more likely to cause weight gain when eaten in excess. But rather than focusing too much on the health value of individual foods, it's more

What you think of as a 'naughty' food I consider to be a treat

helpful, and meaningful, to think about your overall diet. Eating three pieces of fruit and three biscuits in a day doesn't make the

overall diet 'good' or 'bad'. It's the balance between nutrient-rich foods and fatty or sugary options eaten across the week that makes a difference to the long-term likelihood of either harming or protecting your health.

What you think of as a 'naughty' food I consider to be a treat. There are moments when that chocolate biscuit does what no other food comes even close to doing for me: it looks good, tastes good and has a crunch that I'd never get from eating an apple! A little of what we fancy does us good. The *myWW*[™] programme recognises this truth and can help shift your mindset to feel OK about food treats, by allowing you to plan these into your week and enjoy those moments of sensory pleasure. Feelings of guilt around eating certain foods may even disappear when you remember that the programme's weeklies and any rollovers give you permission to eat something indulgent occasionally. And if you didn't already know, WW Workshops are great for helping members change their mindset around food, eating and physical activity.



MINDSET Linda Blair

Congratulations. Simply recognising that things aren't quite right is really important. You now have the motivation you need to make your life more enjoyable. You're right, too. This way of thinking isn't helping. No food is entirely 'good' or 'bad'. Your overall diet is what matters, and changing your perception can make food decisions more enjoyable.

Another problem with such simple categorisation is that you might actually increase your desire for the foods you consider 'naughty'. In a study at the Catholic University of Leuven in Belgium, half of a group of 68 women were told they had to abstain from their favourite snack for 24 hours. Afterwards, all 68 were given unlimited access to these foods. Those who'd been told to abstain ate more than those who'd had no limitations placed on them. Words are powerful. They can change an existing mood, redirect attention, create a craving, and spark or deplete energy levels. The words we use to describe ourselves and what we eat are often learned in childhood and reinforced as we grow up. But they can be changed at

any time. So whenever you think about a particular food, avoid categorising it; instead, focus on enjoying it. Ditch 'good', 'bad', 'naughty', 'OK', and even 'unhealthy' and 'healthy'. Think of food as a tool that provides pleasure, nourishment and fuel.

Changing how you eat can also help you enjoy your food more and feel more in control when you eat. Mindful eating is a useful



way to do this. Here are some techniques to try:
Whenever you decide to eat, whether it's a snack or a meal, make it a special time.
Arrange your meal nicely on a plate, sit down and use cutlery. You could even put a vase of flowers on the table.

• Turn off your phone and the TV. No more working through lunch!

• Take small mouthfuls and chew each one slowly. Enjoy the textures, colours, flavours and temperatures.

• Put down your cutlery between bites; this can aid digestion and help you notice when you're no longer hungry.

• Decide when you're ready to enjoy the next taste rather than eating automatically.

There's more about mindful eating on the WW app and at ww.com. Bon appétit!



Beat the leaks

If you have 'a wee problem', you may find it hard to talk about. But help is out there, so there's no need to suffer in silence

WORDS CHARLOTTE HAIGH

o you sometimes leak urine when you sneeze, cough or laugh? Or perhaps you find

that the urge to pee can be so sudden that you don't always make it to the loo in time. Both are symptoms of incontinence, a condition doctors define as the unintentional passing of urine.

If you're affected, you might feel you're on your own with the problem, or find it hard to talk about it with family and friends. But you can be certain it's not just you. The NHS estimates that between



3 and 6 million people in the UK, mostly women but men too, are living with some form of incontinence.

Urinary incontinence can affect your life in many ways. You might feel nervous about long journeys, or unwilling to exercise, have sex or even laugh in case it triggers a leak.

Recently, a number of positive campaigns have put the issue in the spotlight: Let's Pee Honest, fronted by actor Nadia Sawalha; and Gusset Grippers, with physiotherapist and comedian Elaine Miller using comedy to promote bladder health.

Between 3 and 6 million people are living with incontinence

Celebrities including Kate Winslet have also spoken out about their experiences, while brands such as TENA, with its 'A little bit of wee doesn't stop me being me' slogan are making headway in reducing the stigma that surrounds the issue.

Nevertheless, it's still hard for many women to discuss or even acknowledge bladder weakness. Maybe this is because we're led to believe that urine leaks - after childbirth, for example - are 'normal' and we should just put up with it. The advice from health professionals, however, is that it's always worth overcoming any embarrassment and asking for help. There are many steps you can take to deal with the issue and plenty

of treatments available, depending on what's causing the problem.

The most common kinds of urinary incontinence are stress incontinence, when extra pressure on the bladder triggers a leak, and urge incontinence, when you need to go suddenly and often – which is also known as an overactive bladder.

Many women find that they experience stress incontinence for the first time either during pregnancy or after childbirth.

'When you've had children, the supports of the bladder, € Save £40 using discount code iMEDUresta Offers ends 31st March 2020

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Yoga is supposed to be relaxing. How can you focus on your breathing and feel calm when you're worried about a leak the whole time?

If this sounds like you, you're not alone. One in three women over the age of 30 experience embarrassing leaks when they cough, sneeze, laugh or perform simple physical tasks. Stay dry with the Uresta® Bladder Support:

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You've embarked on a new fitness campaign but those troublesome unexpected leaks are just getting in the way...... Get out again with **Wearever Washables**. A discreet one-piece design with built-in absorption pad (regular, super and maximum absorbency - up to 650 ml) that look and feel just like regular underwear that will still function after 200 washes, all whilst allowing you to feel good about protecting the environment from disposables.

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including the pelvic floor, can become weaker,' says Andrew Hextall, a consultant gynaecologist at West Hertfordshire NHS Trust.

Stress incontinence may develop if the weight of the baby puts pressure on the bladder, at the same time as normal hormonal changes of late pregnancy relax muscles and ligaments to prepare for childbirth. The good news is that most women return to

Most women return to normal bladder health after giving birth

normal bladder health after giving birth, although childbirth itself can sometimes result in ongoing continence issues. 'A large baby and interventions such as a forceps delivery can raise the risk,' says Andrew.

It's sometimes suggested that hormonal changes at menopause can contribute to an increased risk of stress incontinence, but Andrew says the evidence isn't conclusive. 'Women may decide to see a doctor around the time of the menopause, but it might not be because the issue started recently,' he says. 'It may just be that the children are older so you have the time and energy to look at health issues that you might have been living with for a while.

'Evidence indicates that hormone replacement therapy (HRT) doesn't seem to help stress incontinence in menopausal women, which suggests that hormonal changes aren't the cause,' says Andrew.

Stress incontinence can also be caused by surgery that damages the bladder or nearby muscles in the pelvis, such as hysterectomy in women or prostate gland removal in men.

Urge incontinence – when you need to go to the loo suddenly and often – isn't caused by pressure on the bladder, but by problems with the muscles that control the relaxation and contraction of the bladder. There are a number of possible triggers for urge incontinence, including being constipated, having a urine infection, being dehydrated or consuming too much alcohol or caffeine.

Evidence suggests that anything that puts extra pressure on your bladder

What can help?

DRINK ENOUGH...

It's tempting to cut down on fluids, but not drinking enough fluid will produce concentrated urine, which can irritate the bladder and make it harder to 'hold on'.

... BUT NOT TOO MUCH

While it's important to stay hydrated, too much fluid will stimulate your bladder to empty before t's full. 'Around 2 litres a day is about right,' says Andrew Hextall. Limit alcohol and caffeinated tea and coffee, as they can irritate the bladder.

EAT A BALANCED DIET

A healthy diet, including plenty of fruit, veg and fibre, will help keep your digestive system working well so you're less likely to strain to pass bowel motions, which over time can weaken pelvic floor muscles. Some people find spicy foods, like curry, and acidic foods, like citrus fruit, make their urge incontinence symptoms worse.



EXERCISE THE PELVIC FLOOR

Regular exercise of the pelvic floor improves your 'holding power'. A specialist physiotherapist can show you how to do this. Or try the NHS Squeezy app, developed by specialists in pelvic floor health.

If you're a gym goer, take extra care with heavy-lifting exercises, which can put strain on your pelvic floor.

STOP SMOKING

Chronic coughing puts a lot of pressure on pelvic muscles, weakening the pelvic floor and making stress incontinence more likely. Cigarette smoke is also a bladder irritant.



and pelvic area can cause continence problems or make them worse – and that includes excess weight.

The link with weight

'Excess weight puts pressure on your bladder, which can cause stress incontinence,' says Andrew. 'But we also know that being overweight means you're more likely to suffer urge incontinence.'

In his experience, Andrew finds that people who are living with incontinence and are overweight often face a vicious cycle that affects their ability to manage the condition. 'Leaking can really affect your confidence, and exercise can trigger leaking, so living with incontinence can stop you being active, one of the important ways to help manage your weight,' he says.

The good news for anyone on a weight loss journey, however, is that losing excess weight will help. 'Even losing a small amount can relieve pressure on your bladder, leading to enough of an improvement to make a significant difference to your life,' says Andrew.

Your GP might advise weight loss, as it's one of the key self-help tips and lifestyle changes recommended for managing urinary incontinence. 'Your symptoms might improve, and they could even disappear completely if you lose any excess weight,' NHS guidelines state.

Help is out there

There is plenty you can do to help yourself, and a lot of medical support available to treat stress and urge incontinence.

The chances are you'll be able to manage the issue with lifestyle changes and advice from your doctor. But if these don't work, there are medical options available. 'If you suffer with urge incontinence, tablets can help by relaxing the muscles,' says Andrew Hextall. 'You can also be given Botox injections into the bladder.'

Percutaneous tibial nerve stimulation (PTNS) is an acupuncture-based treatment that involves a very fine needle being inserted into a point behind the ankle, through which a mild electric current is passed to the nerves that control bladder function. 'For stress incontinence. a number of operations can help - but most women won't need surgery,' says Andrew. 'So don't be put off going to your doctor if you're worried about this.'

But before you can find out what will work for you, the

Even losing a little weight can help relieve bladder pressure

first step is to pluck up the courage to ask for help.

'The average amount of time that a woman lives with incontinence before seeking help is five years,' says Andrew. In that time, many areas of your life may have suffered due to self-consciousness and inconvenience - from work to your love life. 'Often, it takes a really embarrassing incident to push a woman to seek help,' says Elaine Miller of the Gusset Grippers campaign. 'But there's no need to let that happen. Remember, these issues are really common. Your GP and specialist physiotherapist will see cases all the time. But while it's common, leaking definitely isn't normal, so if you're affected, don't just assume that you have to put up with it.'



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Try this friendly bacteria supplement every morning for 7 days. It's gluten free so may be suitable for those with bloating!

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STYLE FILE

'I love being seen a mile off!'

WW ambassador Candice Brathwaite became obsessed with bold fashion in her twenties. Here, she shares her style secrets for all ages and sizes

he icon who best describes my personal style is Sarah Jessica Parker as Carrie Bradshaw in *Sex And The City*– multiplied by 10! I love mixing together random combinations, like a ballgown and trainers, or wearing an indoor kimono outdoors. I'm much more feminine now than I was in my teens, when I went through an awkward stage of dressing in boyish,



↑ This kimono is from a designer called Louisa Harris at Donald Stanley – it's one of my favourite things to wear. Any time I can support women in their own businesses, I will. These are the women who are going to be in Vogue in five years.



When I'm not working or at an event. I'm far more relaxed. I love teaming a pair of jeans with a bright jumper. Finish with a good coat and trainers and you can't ao wrona. I've aot kids so I'm alwavs down on the floor; I need to be practical as well as stylish.



my look. And that excited me. I'm very lucky that in my work as a presenter and mum blogger I get to attend glamorous events and model clothes for brands. I love my job and am aware of how privileged I am to have these opportunities to get dressed up and feel great. I joined WW three years ago because I wasn't fitting into my favourite dresses and the programme really helped.

I'm often complimented on my outfits, and I love being seen a mile off. My mum hates going out with me as we get stopped! People see outfits on models and think they're

My style is Carrie from SATC multiplied by 10!

unrealistic. But when they see a real-life woman like me wearing them, it's more inspiring. I'm a champion for women. Anyone can wear anything at any age - it's about adapting things. I used to live in crop tops and hipster jeans, now I wear a short jumper and mum jeans. It's about wearing what feels great for you, regardless of age or size.

My most embarrassing fashion moment was at a friend's house party when my baby daughter threw up over my dress. In the middle of the chaos, the doorbell rang and I opened it - to find none other than actor Jude Law on the doorstep, staring at my puke-covered dress! Now I never leave the house without a spare dress chucked in the bottom of the changing bag, just in case.



✤ I love the history of clothes, which is why I enjoy buying secondhand designer shoes and bags. The first bag I bought was a Chanel one, dated 1988, the year I was born. So it felt very special. There are many fab places to look online for pre-owned items, such as handbagclinic.co.uk and eBay.



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➔ I had terrible skin in my teens and took strong meds to control it. Finally, when I got to my twenties, my skin was glorious. Now I use Clinique moisturiser daily. For make-up, I wear Fenty foundation, a bright MAC lipstick and fake lashes from Primark - mascara is just too much bother. I don't mind leaving the house without make-up but, for me, it's the cherry on top of a look.



We asked stylist Sophie Stevens to help with **Candice's fashion dilemma**

Candice:

I love colour, but if the occasion calls for a more muted look, how can I keep it pared back without losing my style?

Sophie:

Colour doesn't have to be super bright. Try mixing fresh, spring sherbet shades of mint, pastel blue and pistachio green into vour wardrobe. Patterns are an alternative way of making an outfit interesting. Spots, checks, florals, paisley and prints all add interest. If you crave brights, keep your base soft and go for a zingy highlight with an accessory, lip, or nail colour. Or try a piece with just one small element of bright colour for a hint of fun.

£35 (sizes 6-22), Per Una at Marks & Spencer £69.50 (sizes 6-18), Oliver Bonas £150 sizes 6-20). Phase Eight Longwear Foundation

MARCH 2020 WW 105

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Kiss goodbye to snoring this Valentine's Day

Valentine's Day is the most romantic holiday of the year. A time to treat your partner to a fancy meal, or plan the perfect night in. But after dinner – when you remember that you'll soon be lying awake, listening to their deafening snores – the mood can quickly sour.



3 easy steps you can take to improve your relationship (and your sleep)



Choose a calm, quiet time in the day to talk to your partner about their snoring. Confronting them when you're tired and annoyed isn't productive – your partner will immediately become defensive and try to shut the conversation down.



Encourage your partner to make some simple lifestyle changes. Cutting down on alcohol, quitting cigarettes, and losing weight can all help reduce the chances of snoring.

Dealing with snoring can nurture your relationship long after the chocolate's been eaten, and the fancy dinner is a distant memory. Reignite your romance by getting a great night's sleep; that way, you'll be awake enough to enjoy every second this Valentine's Day.



Get your partner to try a suitable snoring relief product. If they're snoring because of a blocked nose, a nasal spray will help. If they sleep on their back and snore fairly loudly, a throat spray could provide relief. If they snore very loudly, it's a sign that their airway is narrowing too much during sleep, making it hard for them to breathe. Oral devices move the lower jaw forward, and keep the airway open.

Visit **www.snoreeze.com** to

take a simple diagnosis quiz. You'll be able to work out what type of snorer your partner is – and which Snoreeze product is most suited to them.



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2 Percy & Reed Wonder Balm, £18

This multi-tasker provides protection from frizz and dryness for up to 72 hours. Smooth the leave-in formula on towel-dried hair before styling, or use a tiny amount to tame loose ends and add definition.

3 Grow Gorgeous Balance Fibre-Sealing Split Ends Treatment, £23

Prevent damage from the

effects of cold outdoor air and overheated dry air indoors with this formula containing marine algae and oat lipids. It forms a protective barrier on split ends.

4 Diptyque Eau Des Sens Hair Mist, £40

Give your mood a boost on dark, wet days with a spritz of this pretty scent. Its aroma is light, citrussy and floral, with camellia oil to nourish hair.

5 Pantene Pro V Hair Biology Cleanse & Reconstruct Intensive Repair Mask, £6.99

Pick yourself up with this blend of rose and micellar water, perfect for nourishing windswept, scarf-tangled hair. It also helps to nourish the scalp, keeping your hair growing healthily in the colder months.

6 Dafni Ceramic Styling Brush, £120

Ditch your straighteners for this heated brush, which smooths and straightens larger sections of hair in one stroke – minimising styling time and damage.



6



2

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Join us for an exclusive spa break

Looking for a me-time break with pampering and luxury? Why not give yourself a treat and book one of our upcoming special *WW magazine* events at Ragdale Hall Spa

WW magazine has teamed up with the award-winning Ragdale Hall Spa in Leicestershire to offer you the chance to enjoy an exclusive two-night break.

During your stay you'll have full use of all the spa facilities, including Ragdale Hall's open-air, heated Rooftop Infinity Pool and Lounge and multi-million-pound Thermal Spa. You'll also relax with a 50-minute Pure Radiance Facial and your choice of one of these 25-minute treatments: Soothing Back Massage

Conditioning Foot Treatment

Conditioning Hand Treatment

Your stay also includes an exclusive invitation to three special events just for WW magazine readers:

• Attend a welcome reception where you'll meet members of the *WW magazine* team

• Enjoy a fashion showcase evening, with expert advice on how to put together your latest wardrobe and stylish accessories

• Join in a fun 'Revitalize in 45' workout, where you'll work on body conditioning, strength training and stretching, with simple exercises you can take back home to help you continue your personal wellness journey.

And if you have a spare minute, you can visit the gym, join a class, go for a bike ride, chill out in the peaceful lounges or take a stroll in the tranquil landscaped grounds in your free time.

There are three spa break dates to choose from, so use this opportunity to book in some well-earned me-time to reboot your wellness journey or celebrate a Milestone Moment. See you at Ragdale Hall soon!

Also included in your spa break

• Guest arrival between 2-4pm on Sunday afternoon

 Two nights' accommodation, with departure after lunch on Tuesday
 All meals throughout your stay, such as breakfast served in your room, three-course buffet lunch and sumptuous three-course dinner in the elegant Dining Room

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 Complimentary robe hire and your own Ragdale Hall flip-flops

All those attending a WW magazine event will receive a gift of Clarins Tonic Body Treatment Oil (30ml) and Clarins Tonic Bath & Shower Concentrate (100ml), worth more than £22. You'll also find a WW magazine goody bag, filled with special treats, in your room.

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Book your place now at these special *WW magazine* reader events

Choose:

- 10-12 May 2020
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- 15-17 November 2020

Price is per person for two nights (this is based on two people sharing and room type):

• Simple	£334
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• Single supplement	
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Book an extra night on Tuesday for only £155 (twin occupancy) or £185 (single occupancy). Includes all meals and a 25-minute Conditioning Hand Treatment.



To book, call 01664 433 000 and quote 'WW mαgαzine 2020

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Have you discovered our range of new-look, delicious WW foods, available in your local supermarket? With dairy fridge fillers, bakery favourites and SmartPoints®-friendly ready meals to choose from, shopping for healthier options is easier than ever!

re you on the lookout for delicious healthy food? Then look no further than the range of WW foods that are now available in your local supermarket. We're busy revamping all our product range so they're better on the inside as well as the outside.

For those evenings when you need a quick and tasty dinner, try our selection of WW Chilled Meals with culinary classics such as Chicken Tikka Masala with Basmati Rice for just 9 SmartPoints (Green), 8 (Blue), or 8 (Purple); Creamy Mac & Cheese for 11 SmartPoints (Green, Blue, Purple); or spicy Chilli Con Carne & Potato Wedges for 7 SmartPoints (Green), 7 (Blue), or 5 (Purple).

Or for nights when you have a bit more time to cook there's our selection of WW Slow Cooked dishes, which are made with succulent chicken breast, slow cooked to lock in the moisture and flavours. Choose from Chicken Tikka for 3 SmartPoints (Green, Blue, Purple) or Sweet Korean Chicken for 4 SmartPoints per 150g serving (Green, Blue, Purple). Pop them in your oven or microwave to heat through and add your choice of side.

In the bakery aisle, you'll find our Thick Sliced Wholemeal Bread for 2 SmartPoints per slice (Green, Blue, Purple), Soft Malted Danish for 1 SmartPoint per slice (Green, Blue, Purple) and White or Wholemeal Wraps for 3 SmartPoints per wrap (Green, Blue, Purple). Pair with WW Reduced Fat Cheese for a quick lunch. Then check out our tasty WW Cake Slices, which have fewer than 100 calories for 3 SmartPoints (Green, Blue, Purple) per slice. Or for a chocolatey treat, give our Chewy Caramel Wafers a try - they're just 3 SmartPoints per wafer (Green, Blue, Purple) and make a delicious afternoon treat.

To find out more about the WW food range, go online to ww.com/wwfoods

> Keep an eye out in store for our delicious WW options in bold new packaging

Where to buy

Bakery, cakes & biscuits

Morrisons, Sainsbury's, Tesco, Waitrose Lemon Cake Slices Asda, Morrisons Caramel Cake Slices Asda, Morrisons Chocolate Cake Slices Asda, Morrisons Malted Danish Bread Asda, Co-op, Morrisons, Sainsbury's, Tesco Thick Wholemeal Bread Asda, Co-op, Morrisons, Sainsbury's White Wraps Asda, Iceland, Morrisons, Tesco Wholemeal Wraps Asda, Tesco

Chilled prepared meals

Bolognese Al Forn Asda, Morrisons Chicken, Leek & Mushroom Pie Chicken Tikka
& Basmati Rice
Asda, Morrisons
Chilli & Wedges
Asda
Creamy Mac
& Cheese Asda
Hunters Chicken
& Spicy Rice
Asda Spicy Jerk
Chicken & Rice
Asda, Morrisons
Red Thai Curry
with Sticky
Rice Asda
Sausages & Mash
Asda, Morrisons

Lasagne Asda

Slow cooked dishes

Chicken Tikka and Korean Chicken both Morrisons

Dairy

Grated Cheese Asda, Morrisons **Sliced Cheese** Asda, Morrisons and Tesco

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UNFAO, Global Forest Resources Assessment 2005-2015

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66 I'm in the front seat watching transformation happen every day! 99

Ayse Hime, WW coach

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weight watchers reimagined

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Just a woman letting a man guess her weight! This is a huge NSV (even though I'm on a scale). I was at peace with his guess and my weight and was proud of overcoming my anxiety about the number on the scale. A number will not define me. @the_foodie_therapist



My milestone moment was being the mother of the groom in the wedding photos. I wasn't at goal, but I felt fantastic in my outfit and got so many compliments. It certainly made the day even more special. Ann Ford, by email



This year I did the 10k in Vannes in 1hr 2min 50sec. I wouldn't have believed it possible one year ago and 4st 6lb heavier. It's the start of a long road to maintain my weight loss but I'm feeling invincible. Thanks WW for really changing my life. @bejunalie

Our wonderful WW world

We celebrate the many Milestone Moments WW members from across the globe reach every day – from lifetime achievements to those mini-victories

Share your **#WWMilestoneMoments** on social media or send them to **wwuk@therivergroup.co.uk** for a chance to appear in a future issue



I came across this photo from three years ago and wanted to delete it, but I didn't because I'm not that person any more. My old photos are treasured; they're proof of how far I've come. When I touch my neck, I feel muscles not fat rolls. @red.dress.forever



You have to live your dreams so here is my guitar. I'm already apologising to my family for practising. What has this got to do with WW? So much. You can do anything, if you trust yourself! So now I'm starting guitar lessons. @wwcoach_dagmarpesch



Throwback to when I thought I'd always be obese. I tried to lose weight but failed. Then it clicked that I was in control of my choices. Change isn't easy but I push through, even when I make poor choices. I'm making my health a priority. @keepingitawesomejake



I'm a proud WW Coach to Jack, who attends my Workshops and smashed his first week with a massive 9lb lost! 7lb milestone in the bag! Jack's loving how he doesn't feel like he's on a diet. Well done! @shazza_wwuk



Left: in 2018, 14st. Out of breath, always tired, unhappy with how I looked. Right: in 2019, 11st 6lb. Full of energy, can catch my breath, in a cute bathing suit. WW is working and gives me confidence. When you go down a size, plus your BMI is down, it's all worth it. @ww.weightlossqueen



We're celebrating our second wedding anniversary. I remember looking beautiful, this is my fave photo. But I'm also proud that 5st stands between me now and me then. The number on the scale didn't define my beauty then, and it doesn't now. @ww_sarahp



This photo helps me remember my three-week trip to the Balkans this time last year. I'd committed to losing weight 12 months before, because I knew the extra weight would have an impact on my trip. Twelve months and 7st 8lb later, all the hard work has paid off. I had a comfortable flight, climbed all the steps, bell towers and mountains I wanted to, and didn't feel bad eating truffles, gelato and cevapi (Serbian kebabs). It really was the experience of a lifetime! And for once, I was even comfortable having my photograph taken. @skin.n.jones

Are you stressed with your bladder?

Are leaks or sudden accidents ruining your workout or excusing you from exercise?

Don't worry – you're not alone. If you leak when you lunge, run or jump, then you may have stress urinary incontinence (SUI). It is very common and affects around 1 in 3 women.

Unfortunately, a recent survey* showed that women still felt it was taboo to talk about it.

There are many effective treatments available - so don't wait for your next workout. Visit your GP or practice nurse or simply go to www.controlyourchoice.co.uk for expert information and advice about what you can do to control your bladder and stop the stress!



*Survey commissioned by Contura International, took place 1st – 4th December 2017, among 2,000 women, aged 18+

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by Julie Ford

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In Studios from 25 February



My day on a plate

Flipping good

Sarah runs her own pancake parlour, serving up sweet treats to customers. When she's not in the café, she's a busy mum of two who enjoys walking the kids to school and going swimming

Walking the school run

I start my morning with a relaxing cup of green tea and a moment of 'me time' before the chaos of the school run starts. I joined WW last February because my daughter was starting school, and I was dreading being the 'fat mum' at the gates. Before WW, I used to drive the kids, Lily (4) and Harry (21/2), to school, but now we walk. The round trip's almost an hour, but the exercise really kickstarts my day; in the past I'd skip breakfast and grab a chocolate bar mid-morning.

Feeling fruity

Now, when I get back from the school run, I make boiled

eggs and a fresh fruit salad. I rarely ate fruit before WW, but now I can't get enough of fresh berries, kiwi and apples.

Pancake lady

Running my own dessert café, Mamma White's Pancake Parlour, you might wonder how I manage to stay on track surrounded by food all day. It can be tempting to see customers tucking into ice-cream shakes, chocolatey crêpes and all-day breakfasts, but WW has given me the tools to stick to my SmartPoints[®] Budget on the Blue plan.

I'll bring my own lunch with me, or choose from my menu. I also make my own fluffy American-style pancakes using 0% fat yogurt, self-raising flour and eggs. I like to have mine with raspberries and sugar-free flavoured syrup.

Smarter snacking

Back home in the evening, I used to find the kids' teatime tricky. After a busy day serving customers, I'd be peckish and pick at their food and then eat a takeaway or frozen pizza with my husband Kieron later. Now, I make myself a snack bowl of fruit, or carrot and cucumber sticks, to eat while the children enjoy their tea. Their leftovers go straight in the bin.

Happy to bed

I usually prepare an early dinner for Kieron and myself, so I can't use the



Name Sarah Jarvis Age 27 Weight lost 4st 3lb WW Workshop Fernwood Village Hall, Newark Coach Kate Palmer Instagram

@mammawhitespancake

excuse of being too tired to cook when he gets home from work. We still enjoy a takeaway once a week; my favourite is a grilled chicken kebab, with salad and pitta bread.

With Harry and Lily tucked up in bed, once or twice a week I pop to the gym. I try to do an hour of cardio followed by a 20-minute swim. Nowadays I go to bed feeling much more relaxed and healthy than I used to, and wake up filled with energy for another day serving up pancakes.



Words Albertina Lloyd

Are you a regular food poster on Instagram, using **#wwmaguk**? Or maybe you've got a great WW success story to share. Email **wwuk@therivergroup.co.uk** with your details and you could appear in a future issue of the magazine.

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