

GETTING TO KNOW

WW PURPLE



WHAT MAKES PURPLE SPECIAL?

- 300+ zero point foods
- Nothing is free - even zero point foods should be tracked and eaten in moderation
- Portion control
- Minimum of 16 daily points plus rollovers
- Can be used for a short-term detox or become your every day plan

WHO SHOULD CHOOSE PURPLE?

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

- Anyone trying to detox from processed foods and eat more "real" food
- Vegans and vegetarians
- Those who love meal prep and have lots of time in the kitchen

THE PERFECT PURPLE PANTRY INCLUDES:

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

Frozen fruits and vegetables
Whole grain pastas
White or sweet potatoes
Tofu or tempeh
Nonfat plain Greek yogurt
Old fashioned or quick cooking oats
Nutritional yeast
Extra virgin olive oil