

The Flex Plan in Action

Here's how you can track a meal on the Flex Plan.

- 1 **Choose** what and how much you're going to eat.
- 2 **Check** the **POINTS**® values of your food.
- 3 **Eat** and enjoy.
- 4 **Track** your **POINTS**® values.

In no time at all, the Flex Plan will become second nature. Soon you'll be asking yourself, "Is this food really worth it?"

Mix and match these **Flex Plan Meal Ideas** to suit you. Feel free to use your weekly **POINTS**® Allowance to spice up any of these meals.

Breakfast Ideas  Each breakfast has a total POINTS ® value of 3	Lunch Ideas  Each lunch has a total POINTS ® value of 6	Dinner Ideas  Each dinner has a total POINTS ® value of 8	Snack Ideas  Based on dedicating a total POINTS ® value of 3 for snacks each day
Yogurt with Fruit 1 cup light vanilla yogurt topped with 1½ cups strawberries <i>POINTS VALUE: 3</i>	Strawberry and Goat Cheese Salad 3 cups mixed greens tossed with ½ cup strawberries, sliced, ¼ cup sliced almonds, ¼ cup crumbled goat cheese, and 2 tbsp fat-free Italian dressing <i>POINTS VALUE: 6</i>	Chicken Parmigiana (see recipe) <i>POINTS VALUE: 5</i> 1 cup Garden Vegetable Soup (see <i>Eat Wisely</i> , pg 31) <i>POINTS VALUE: 0</i> ½ cup cooked pasta drizzled with 1 tsp olive oil <i>POINTS VALUE: 3</i>	1 oz low-fat cheese with 4 saltine crackers <i>POINTS VALUE: 3</i>
Vegetable Omelet 1 egg and 1 egg white cooked in nonstick spray with diced frozen bell pepper and ¼ cup fat-free shredded Cheddar cheese <i>POINTS VALUE: 3</i>	Soup and Yogurt 1½ cups black bean soup <i>POINTS VALUE: 3</i> 1 cup light vanilla yogurt <i>POINTS VALUE: 2</i> 1 small banana <i>POINTS VALUE: 1</i>	Teriyaki Burger (see recipe) <i>POINTS VALUE: 5</i> 1 small zucchini, cut lengthwise in half, brushed with 1 tsp olive oil and grilled <i>POINTS VALUE: 1</i> Tossed greens with tomato, cucumber, 10 small pitted black olives, and 1 tsp olive oil and vinegar <i>POINTS VALUE: 2</i>	1 cup baby carrots <i>POINTS VALUE: 0</i> 1 cup grapes <i>POINTS VALUE: 1</i> 1 packet of sugar-free, fat-free hot cocoa prepared with ½ cup fat-free milk <i>POINTS VALUE: 2</i>
Cereal with Fruit ¾ cup of bran flakes with ½ cup fat-free milk or calcium-fortified soymilk, and ¼ cup sliced strawberries <i>POINTS VALUE: 3</i>	Roast Beef Sandwich 2 slices of light whole wheat bread with 2 oz sliced lean roast beef, 1 slice (¾ oz) part-skim mozzarella cheese, Dijon mustard, lettuce leaves, and red onion slices <i>POINTS VALUE: 5</i> 1 cup grapes <i>POINTS VALUE: 1</i>	Creamy Pasta with Bell Peppers (see recipe) <i>POINTS VALUE: 7</i> Tossed salad with 1 tsp olive oil and balsamic vinegar <i>POINTS VALUE: 1</i>	1 cup of red bell pepper strips with 2 Tbsp fat-free ranch dressing <i>POINTS VALUE: 1</i> 1 scoop of sorbet <i>POINTS VALUE: 2</i>
Egg Sandwich 1 egg and 2 slices tomato fried in nonstick spray. Sandwich egg and tomato between 2 slices light whole wheat toast <i>POINTS VALUE: 3</i>	Soup and Appetizer 1 cup chicken noodle soup <i>POINTS VALUE: 3</i> Sliced tomato and 1 oz part-skim mozzarella cheese, sliced, drizzled with balsamic vinegar <i>POINTS VALUE: 2</i> 1 cup blueberries <i>POINTS VALUE: 1</i>	Beef Taco (see recipe) <i>POINTS VALUE: 6</i> Tossed salad with 2 tsp olive oil and vinegar <i>POINTS VALUE: 2</i>	1 cup fat-free, sugar-free pudding made with fat-free milk <i>POINTS VALUE: 3</i> 1 cup baby carrots <i>POINTS VALUE: 0</i>
Cereal and Fruit 1 cup whole grain cold cereal topped with ½ cup fat-free milk or calcium-fortified soymilk, and 1 small ripe chopped peach <i>POINTS VALUE: 3</i>	Tuna Sandwich 2 slices of light whole wheat bread with ½ cup canned tuna in water, drained, mixed with 2 tsp reduced-calorie mayonnaise, 1 tsp Dijon-style mustard, chopped bell pepper, and diced celery <i>POINTS VALUE: 5</i> 1 cup baby carrots with 3 tbsp fat-free ranch dressing for dip <i>POINTS VALUE: 1</i>	Pizza 1 large slice thin-crust pizza topped with vegetables such as spinach, broccoli, bell peppers, and mushrooms <i>POINTS VALUE: 6</i> Tossed salad with 2 tsp olive oil and vinegar <i>POINTS VALUE: 2</i>	5 cups of 94% fat-free microwave popcorn <i>POINTS VALUE: 1</i> 1 tall sugar-free latte made with fat-free milk <i>POINTS VALUE: 2</i>
Yogurt Parfait Fill a tall glass with 1½ cups strawberries and 1 cup light vanilla yogurt in layers <i>POINTS VALUE: 3</i>	Apple and Goat Cheese Salad 2 cups mixed greens tossed with sliced cucumber, sliced baby carrots, 1 medium apple, chopped, ¼ medium avocado, diced, 3 tbsp crumbled goat cheese, 1 tsp olive oil and white wine vinegar <i>POINTS VALUE: 6</i> 1 small peach <i>POINTS VALUE: 0</i>	Pasta with Meat Sauce (see recipe) <i>POINTS VALUE: 7</i> 1 cup zucchini sautéed in 1 tsp olive oil with ½ tsp minced garlic <i>POINTS VALUE: 1</i>	1 packet of sugar-free, fat-free hot cocoa prepared with ½ cup fat-free milk <i>POINTS VALUE: 2</i> 1 medium apple <i>POINTS VALUE: 1</i>
Cereal with Fruit 1 cup puffed wheat with ½ cup fat-free milk or calcium-fortified soymilk, and ¼ cup blueberries <i>POINTS VALUE: 3</i>	Cheese and Mushroom Quesadilla (see recipe) <i>POINTS VALUE: 3</i> 1 cup vegetable soup <i>POINTS VALUE: 2</i> 1 medium apple <i>POINTS VALUE: 1</i>	Soup and Shrimp with Couscous 1 cup Garden Vegetable Soup <i>POINTS VALUE: 0</i> 1 cup (4 oz) grilled shrimp <i>POINTS VALUE: 2</i> 1 cup cooked whole wheat couscous tossed with 2 tsp olive oil, 1 cup steamed vegetables and 2 tsp grated Parmesan cheese <i>POINTS VALUE: 6</i>	1 cup light vanilla yogurt mixed with 1 small peach, chopped <i>POINTS VALUE: 2</i> 1 cup grapes <i>POINTS VALUE: 1</i>

How to use this meal plan if you ...

Have no time to think! Follow it as written. We've done all the planning for you.

Need a little inspiration! Use it to give you ideas by picking and choosing meals that appeal to you. Feel free to substitute using alternative foods with the same **POINTS®** values.

Don't feel like cooking! Use the breakfast and lunch ideas.

Are a vegetarian! Substitute tofu or soy crumbles for the meat in the included recipes.

Have your own ideas! Use this meal plan as a guide to how many **POINTS®** values you should spend on your meals and snacks.

Cheese and Mushroom Quesadilla (Serves 1)

1 burrito-size whole wheat tortilla
1/4 cup salsa
1/2 cup chopped mushrooms
1/4 cup shredded fat-free Cheddar cheese
2 tbsp fat-free sour cream



3
POINTS
PER SERVING

Spread one half of the tortilla with salsa and sprinkle with the mushrooms and cheese. Fold unfilled tortilla half over filling. Heat a medium skillet over medium heat. Spray with nonstick spray. Gently place tortilla in the center of skillet. Cook 3-4 minutes or until crisp. Carefully turn quesadilla over using a spatula. Cook 3 minutes more. Remove from skillet and carefully cut into 4 wedges. Serve with sour cream.

To serve 4, increase quantities to: 4 tortillas; 1 cup salsa; 2 cups chopped mushrooms; 1 cup cheese; 1/2 cup sour cream

Chicken Parmigiana (Serves 1)

4 oz boneless, skinless chicken breast, pounded to 1/4 inch thick
1 egg white, lightly beaten
2 tbsp dried breadcrumbs
1 tsp dried Italian seasoning
1 tsp olive oil
1/2 cup canned tomato sauce
2 tbsp part-skim shredded mozzarella cheese



5
POINTS
PER SERVING

Preheat the oven to 350° F. Coat a small oven-proof dish with cooking spray. Brush chicken on both sides with egg white. Mix breadcrumbs with the seasoning on a plate; dip chicken in breadcrumbs. Turn to coat. Heat oil in a large skillet over medium heat. Add chicken; cook until lightly browned on both sides. Set aside. Add 1/4 cup tomato sauce to oven-proof dish. Place chicken on top. Pour remaining sauce over chicken. Sprinkle with cheese. Bake until bubbling, about 15 minutes.

To serve 4, increase quantities to: 1 lb chicken; 2 egg whites; 1/2 cup breadcrumbs; 1 tsp seasoning; 4 tsp oil; 2 cups tomato sauce; 1/2 cup cheese

Beef Taco (Serves 1)

3 oz 93% lean ground beef (or turkey)
1 tbsp taco seasoning mix
1/4 cup salsa
1 burrito-size whole wheat tortilla
1/4 cup shredded fat-free Cheddar cheese
Shredded lettuce
Diced tomato
2 tbsp fat-free sour cream



6
POINTS
PER SERVING

Spray a nonstick skillet with nonstick spray. Heat to medium. Brown beef, breaking up into small chunks. Add taco seasoning mix and 2 tbsp water. Mix well. Stir in salsa. Spread mixture over tortilla. Top with cheese, lettuce, tomato and sour cream. Fold to eat.

To serve 4, increase quantities to: 12 oz beef; 1/2 package taco seasoning mix; 1 cup salsa; 4 tortillas; 1 cup cheese; 1/2 cup sour cream

Pasta with Meat Sauce (Serves 1)

1 tsp olive oil
1/2 tsp minced garlic
1/4 cup frozen chopped onion
3 oz 93% lean ground beef (or turkey)
1/2 cup reduced-fat spaghetti sauce
3/4 cup cooked regular or whole wheat spaghetti or other pasta



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POINTS
PER SERVING

In a medium skillet over medium heat, sauté garlic and onion in oil until lightly browned. Add beef, cook 4 minutes until browned. Add sauce. Simmer 10 minutes. Serve over pasta.

To serve 4, increase quantities to: 4 tsp olive oil; 2 tsp garlic; 1 cup onions; 12 oz beef; 2 cups sauce; 3 cups pasta

Teriyaki Burger (Serves 1)

4 oz 93% lean ground beef (or turkey)
2 tsp teriyaki sauce
1 light English muffin or light hamburger roll
1 lettuce leaf
1 tbsp ketchup
Sliced tomato
Sliced red onion



5
POINTS
PER SERVING

In a large bowl combine beef and teriyaki sauce. Mix together and shape into a patty. Grill or broil until cooked through. Arrange lettuce on the bottom half of the English muffin. Top with burger, ketchup, tomato, onion, and top half of muffin.

To serve 4, increase quantities to: 1 lb lean ground beef; 2 tsp teriyaki sauce; 4 English muffins; 1/4 cup ketchup; 4 lettuce leaves; 1 large beefsteak tomato; 1 red onion

Creamy Pasta with Bell Peppers (Serves 1)

1 tsp olive oil
1/2 tsp minced garlic
1/2 cup canned tomato sauce
1/2 cup frozen chopped bell pepper
1 cup cooked regular or whole wheat rotini/rotelli pasta
1/4 cup fat-free ricotta cheese



7
POINTS
PER SERVING

Heat oil in a medium saucepan over medium heat. Add garlic; sauté until lightly browned. Add tomato sauce and peppers. Simmer 5 minutes. Add pasta, mix well. Serve topped with ricotta cheese.

To serve 4, increase quantities to: 4 tsp olive oil; 2 tsp minced garlic; 2 cups tomato sauce; 2 cups peppers; 4 cups pasta; 1 cup ricotta

POINTS® values for these recipes were calculated using the calories, fat, and fiber information for one serving.

KickStart Your Success

Tips for Staying on Plan

Used all your POINTS® values by 4pm? Have Garden Vegetable Soup, tossed salad, and fat-free Italian dressing for your evening meal. Or use some of your weekly **POINTS** Allowance.

Don't deprive yourself. Use your weekly **POINTS** Allowance for extras and treats.

Meet the **Good Health Guideline** for milk at mealtimes in the form of yogurt, smoothies, or cheese, or in snacks such as pudding, lattes, or cappuccino.

At a minimum, keep track of **POINTS** values.

Try to work in at least **10 minutes of daily activity** to keep your spirits up and energy level high.

Keep fresh fruit such as grapes or apples on hand, at home, or at work for a quick and satisfying snack with a low **POINTS** value.

For more terrific and free tips, recipes, and ideas, check out the Flex Plan Message Board in the Community at www.WeightWatchers.com