



Weight Watchers Green Plan Guide

Plan Information
Printable 0 Point List
Tips for Success
and more!

smileyspoints.com



Hi! I'm Kevin, the creator of Smiley's Points - a website for recipes to make you smile!

This guide is for the WW 2020 Green Plan. I am NOT associated with Weight Watchers, iTrackBites, or Noom in any way, shape, or form.

If you have questions about Weight Watchers or any of their plans, please email me at smileyspoints@gmail.com and I will respond to you as soon as possible.

My blog has tons of recipes for all plans, so if you decide to switch plans, I've got you covered!

On a budget? Check out how to do the Green Plan for free using iTrackBites. Yes, the app is accurate and uses the same formula WW does. My wife and I have used [iTrackBites](#) for a while now and we love it. One year of the PRO version costs as much as WW does for 2 months, so it's worth looking at if you're pinching pennies like we are!

On the iTrackBites app, the Sugar Smart Plan is the one that will match up with the Green Plan.

Here are all of my posts about the Green Plan:

smileyspoints.com/green

Green Plan Zero Point Veggies

Carrots
Cauliflower
Cauliflower Rice
Celery
Chives
Cilantro
Coleslaw
Coleslaw Mix
Collard Greens
Cucumber
Eggplant
Endive
Escarole
Fennel
Frozen stir fry veggies
Garlic
Ginger
Green leaf lettuce
Hearts of palm
Iceberg Lettuce
Jicama
Kale
Kohlrabi
Leeks
Mixed Greens
Mushrooms
Mint
Mustard Greens
Napa Cabbage
Nori (seaweed)
Oakleaf lettuce
Okra
Onions

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Oregano
Parsley
Pea Shoots
Peppers
Pickles, unsweetened
Pico de gallo
Pumpkin
Pumpkin puree
Red Leaf lettuce
Romaine lettuce
Rosemary
Rutabaga
Radishes
Salsa Fat free
Sauerkraut
Scallions
Shallots
Spaghetti Squash
Spinach
String beans
Summer squash
Swiss Chard
Tarragon
Thyme
Tomatillos
Tomato puree
Canned Tomato sauce
Canned Tomatoes
Turnips
Water Chestnuts
Wax beans
Zucchini

Green Plan Zero Point Non-Starchy Veggies

Acorn Squash
Artichoke hearts, no oil
Artichokes
Arugula
Asparagus
Baby Corn
Bamboo shoots
Basil
Beets

Beet Greens
Bok Choy
Broccoli
Broccoli rabe
Broccoli slaw
Brussel Sprouts
Butternut Squash
Cabbage Butter
Bibb Lettuce

Green Plan Zero Point Fruits

Apples
Applesauce, unsweetened
Apricots, fresh
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementines
Cranberries, fresh
Dragonfruit
Figs, Fresh
Frozen mixed berries, unsweetened
Fruit Cocktail, unsweetened
Fruit salad, unsweetened
Grapes
Grapefruit
Guava
Honeydew

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Kiwi
Kumquats
Lemons
Limes
Mangoes
Nectarines
Oranges
Papayas
Peaches
Pears
Persimmons
Pineapple
Plums
Pomegranates
Pomelo
Raspberries
Star Fruit
Strawberries
Tangerines
Watermelon

Green Plan Tips for Success

Take the assessment.

If you aren't sure which program is right for you, take the assessment in the WW app. If you don't have the WW app, you can look at an overview of each plan and choose the one based on your preferences and dietary needs.

See all plan info here: smileyspoints.com/2020

Stick with it.

WW has given us options - and [iTrackBites](#) gives us even MORE options - but it's important to stick with a plan for at least two weeks before jumping ship. I personally recommend sticking with a program for a month or so, to give your body time to see results.

Weekly WW Points

Most members can be successful while eating Weeklies. However, if you're sedentary, not drinking much water, or over 40 years of age, you may find yourself gaining weight on any of the WW plans if you eat your Weeklies. You'll have to switch things up and try a week or two with Weeklies and a week or two without Weeklies to see which works best for your body.

Should I eat my Weeklies? [Find out here!](#)

Smiley's Points Resources

WW Purple Plan

WW Blue Plan

2020 Weight Watchers Changes

Apps Like Weight Watchers

WW Facebook Group

Low Point Recipe Group