



# *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](mailto: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](https://smileyspoints.com/green)

# Green Plan Zero Point Veggies

Acorn Squash	Endive
Artichoke hearts, no oil	Escarole
Artichokes	Fennel
Arugula	Frozen stir fry veggies
Asparagus	Garlic
Baby Corn	Ginger
Bamboo shoots	Green leaf lettuce
Basil	Hearts of palm
BeetGreens	Iceberg Lettuce
Beets	Jicama
Bibb Lettuce	Kale
Bok Choy	Kohlrabi
Broccoli	Leeks
Broccoli rabe	Mixed Greens
Broccoli slaw	Mushrooms
Brussel Sprouts	Mint
Butter Lettuce	Mustard Greens
Butternut Squash	Napa Cabbage
Cabbage	Nori (seaweed)
Carrots	Oakleaf lettuce
Cauliflower	Okra
Cauliflower Rice	Onions
Celery	Oregano
Chives	Parsley
Cilantro	Pea Shoots
Coleslaw	Peppers
Coleslaw Mix	Pickles, unsweetened
Collard Greens	Pico de gallo
Cucumber	Pumpkin
Eggplant	Pumpkin puree
	Red Leaf lettuce

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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 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](https://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**