



Weight Watchers **Purple 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 Purple 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 Purple Plan for \$36 a YEAR 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 Better Balance Plan is the one that will match up with the Purple Plan, with a hack/tweek.

Here are all of my posts about the Purple Plan:

smileyspoints.com/purple

Purple Plan Zero Point Whole Grains

Air-Popped popcorn
Amaranth
Ancient Grains mix, no seeds
Barley
Black bean pasta
Brown basmati rice
Brown rice
Brown rice cereal 100%
Brown rice noodles
Brown rice pasta
Brown rice quinoa blend
Buckwheat
Soba noodles
Bulgur
Chickpea Pasta
Corn pasta
Edamame pasta
Farro
Freekeh
Instant brown rice
Instant oatmeal plain
Kamut
KashaMillet
Oatmeal plain
Oats
Pea pasta
Lentil pasta
Quick cook barley
Quick cooking brown rice
Quick cooking brown rice
Quick cooking steel cut oats

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Quinoa
Red quinoa
Rolled oats
Rye berries
Shirataki noodles
Sorghum
Soybean pasta
Spelt
Spelt Berries
Steel cut oats
Teff
Thai brown rice
Tri color quinoa
Wheat berries
Whole grain pasta
Whole grain sorghum
Whole wheat couscous
Whole wheat rice
Wild rice brown rice blend

Purple Plan Zero Point Beans and Legumes

Adzuki beans
Alfalfa sprouts
Bean sprouts
Black beans
Black eyed peas
Cannellini beans
Edamame
Fava beans
Great Northern Beans

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Chick peas
Hominy
Kidney beans
Lentils
Lima beans
Lupini beans
Navy beans
Pinto beans
Refried beans, canned fat free
Soy beans

Chicken and Turkey

Ground turkey breast
Ground turkey 98% fat free
Ground turkey breast
Skinless chicken breast
Skinless turkey breast

Dairy

Cottage cheese plain non-fat
Greek yogurt plain non-fat
Plain yogurt non-fat
Quark plain up to 1% fat
Soy yogurt plain

Eggs

Egg Substitute
Egg whites
Egg yolks
Eggs

Purple Plan Zero Point Fruits

Apples
Applesauce unsweetened
Apricots
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementines
Cranberries fresh
Dragon fruit
Figs fresh
Frozen mixed berries
Fruit cocktail unsweetened
Fruit salad unsweetened
Grapefruit
Grapes
Guava

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Honeydew
Kiwi
Kumquats
Lemons
Limes
Mangoes
Nectarines
Oranges
Papayas
Peaches
Pears
Persimmons
Pineapples
Plums
Pomegranates
Pomelo
Raspberries
Star fruit
Strawberries
Tangerines
Watermelon

Purple Plan Zero Point Potatoes

Baby Potatoes
Baked potatoes
Baked sweet potatoes
Canned sweet potato
Cassava
Fingerling potatoes
Frozen potatoes
Idaho potatoes
Japanese sweet potato
Mashed potatoes, plain
Mashed sweet potatoes, plain
New potatoes
Oven-roasted potato wedges
Oven-roasted sweet potato fries

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Purple potatoes
Red potatoes
Roasted potatoes
Roasted sweet potatoes
Russet potatoes
Sweet potatoes
Taro
White potatoes
Yams
Yellow potatoes
Yucca
Yukon gold potatoes

Purple Plan Zero Point Tofu & Tempeh

Firm tofu
Silken tofu
Smoked tofu
Soft tofu
Tempeh

Purple Plan Zero Point Vegetables

Acorn squash
Artichoke hearts
Artichokes
Arugula
Asparagus
Baby corn
Bamboo shoots
Basil
Beet greens
Beets
Bibb Lettuce
Bok choy
Broccoli
Broccoli rabe
Broccoli slaw
Brussels sprouts
Butter lettuce
Butternut squash
Cabbage
Canned pimientos
Carrots
Cauliflower
Cauliflower rice
Celery
Chives
Cilantro
Coleslaw mix
Collard greens
Cucumber
Eggplant
Endive

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Escarole
Fennel
Frozen stir-fry vegetables
Garlic
Ginger
Green leaf lettuce
Hearts of palm
Iceberg lettuce
Jicama
Kale
Kohlrabi
Leeks
Mint
Mixed greens
Mushrooms
Mustard greens
Napa cabbage
Nori (seaweed)
Oakleaf lettuce
Okra
Onions
Oregano
Parsley Pea shoots
Peppers
Pickles, unsweetened
Pico de gallo
Pumpkin
Pumpkin puree
Radishes
Red leaf lettuce

Purple Plan Zero Point Vegetables

Romaine lettuce

Rosemary

Rutabaga

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

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Purple Plan Zero Point Starchy Vegetables

Canned corn

Corn

Green peas

Parsnips

Peas

Split peas

Succotash

Purple 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!](#)

Purple Plan Tips for Success

Zero Points does not equal zero calories (or carbs).

Many WW members choose the Green Plan because they're afraid of having too many zero point foods to eat. At the end of the day, it comes down to being able to control yourself and keep an eye on carbs. If you can do this, the Purple Plan will work!

See a list of 200+ zero point foods with calorie and carb counts here: smileyspoints.com/zero

Build your meals around veggies.

Instead of building your recipes around Zero Point foods like whole grain pasta, build your meals around fruits and/or vegetables. Add in regular-sized portions of proteins and/or meat, and for some recipes, small portions of whole grain foods.

Weekly WW Points

Remember Simply Filling? The Purple Plan is similar, with some foods taken away (like nonfat milk). There's a list of foods you can eat, without tracking, but there are also some points available. Think Freestyle PLUS. The bottom line is KNOW YOUR BODY. I know I can't do the Purple plan because I'll gain weight. I have - HAVE! - to watch my carb intake.

Smiley's Points Resources

WW Green Plan

WW Blue Plan

2020 Weight Watchers Changes

Apps Like Weight Watchers

WW Facebook Group

Low Point Recipe Group