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SUCCESSFUL

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HEALTHY LOVE SMILE
HAPPY DREAM
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BECAUSE IT WORKS™

Look inside for Jennifer's favorite recipes, Weight Watchers Power Foods and special joining offers.

 WeightWatchers®

Make healthy a habit.

Weight Watchers is about more than just good food that's good for you, it's about living a healthier life. So keep reading to get a taste of what Weight Watchers has to offer. You'll find an introduction to Weight Watchers Power Foods and why they are a must, Jennifer Hudson's favorite Weight Watchers recipes and two offers to join the millions of others who have successfully lost weight with Weight Watchers.



AN INSIDE LOOK AT WEIGHT WATCHERS
POWER FOODS

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JENNIFER HUDSON'S FAVORITE RECIPES

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PointsPlus® 2012 AND OFFERS

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Stock up on filling Power Foods.

One way to improve your chances for weight-loss success is to focus on healthy foods, in each food category, that keep you satisfied longer. Here's a sampling of Weight Watchers Power Foods to add to your shopping list. Get the full list, and so much more, by joining the program today.

FRUITS



- All fresh, frozen or canned fruit without added sugar

VEGGIES



- Most fresh, frozen or canned vegetables without added sugar or oil

LEAN PROTEIN



- Chicken breast
- Beans
- Eggs
- Lean ground beef
- Lean ground turkey
- Shellfish
- Turkey breast
- Vegetarian burgers (with 2 grams of fat or less per serving)

NON-FAT DAIRY



- Greek yogurt
- Non-fat milk
- Non-fat cheese

WHOLE GRAINS



- Brown and wild rices
- Hot cereals (without added sugar, dried fruit or nuts)
- Whole-grain pasta

OTHER



- Broth-based soups, e.g., chicken broth
- Popcorn (94 % fat-free)
- Reduced-calorie bread

JENNIFER'S PICKS



Jennifer dishes on her favorite Weight Watchers recipes.

When Jennifer Hudson hits the kitchen, she takes a page out of the Weight Watchers cookbook. Here are a few of her favorite meal ideas, packed with flavor and the Weight Watchers Power Foods that can help you stay satisfied all day long.

▲ = Power Food

MINI CHOCOLATE-CHIP COOKIES

See page 8 for recipe





BUCKWHEAT PANCAKES

PointsPlus® value: 5 per serving | Serving size: 2

INGREDIENTS

- | | |
|------------------------------|-------------------------|
| ▲ 1 large egg | ¾ cup all-purpose flour |
| ▲ 1 large egg white | ½ cup buckwheat flour |
| 1 cup buttermilk | 2 tsp baking powder |
| ½ cup unsweetened applesauce | ½ tsp table salt |
| 1½ Tbsp canola oil | |
| 1 Tbsp honey | |

▲ = Power Food

INSTRUCTIONS

Combine the egg, egg white, buttermilk, applesauce, oil, and honey in a large bowl.

Combine the flour, buckwheat flour, baking powder, and salt in another bowl.

Stir the flour mixture into the buttermilk mixture just until blended.

Spray a large nonstick griddle or skillet with nonstick spray and set over medium-low heat.

Pour the batter by ¼-cup measures into the skillet. Cook until bubbles just begin to appear at the edges of the pancakes, about 2 minutes.

Flip and cook about 1 minute longer.

Repeat with the remaining batter, making a total of 12 pancakes.

Yields 2 pancakes per serving.

NOTES: Store the egg mixture, covered, in the refrigerator overnight and let the flour mixture stand on the counter.

ITALIAN TURKEY BURGERS

PointsPlus® value: 7 per serving | Serving size: 1

INGREDIENTS

- 1 spray cooking spray
- 4 spray(s) olive oil cooking spray
- ▲ 1 pound uncooked 93% lean ground turkey
- ▲ 2 small fresh tomatoes, ripe, yellow and/or red, thinly sliced
- ▲ 1 cup basil, fresh leaves, torn or thinly shredded
- 2 tsp minced garlic
- 2 tsp fennel seed
- 1/2 tsp table salt
- 1/4 tsp black pepper, fresh ground
- ▲ 4 reduced-calorie hamburger rolls

▲ = Power Food

INSTRUCTIONS

Coat a grill or grill pan with cooking spray; preheat to medium-high.

In a large mixing bowl, combine turkey, onion, garlic, fennel seed, salt and pepper; form into four 1/2-inch-thick patties. Coat burgers and inside of rolls with cooking spray.

Grill burgers for 5 minutes; flip burgers and add rolls to grill.

Grill open-face rolls until lightly charred, about 1 to 2 minutes; remove to serving plates. Grill burgers until cooked through, about 5 minutes more.

To serve, top grilled rolls with burgers and tomato slices; garnish with basil.

Yields 1 burger per serving.

NOTES: For an extra hit of flavor, rub the bread with a cut garlic clove as it comes off the grill. Try these burgers with arugula leaves instead of the basil.



CRISPY SWEET-POTATO “FRIES”

PointsPlus® value: 6 per serving | Serving size: 1 cup

INGREDIENTS

- ▲ 2 pounds uncooked sweet potatoes, large variety, scrubbed
- 1 Tbsp olive oil
- ¼ tsp table salt
- ¼ tsp black pepper, freshly ground

▲ = Power Food

INSTRUCTIONS

Preheat the oven to 450°F.

Halve the potatoes and cut into ½-inch wedges.

Toss with the oil, salt, and pepper in a medium bowl.

Arrange the potatoes in a single layer on a nonstick baking sheet.

Bake, turning once, until browned and crisp, about 35 minutes.

Yields about 1 cup per serving.

NOTES: Store sweet potatoes in a cool, dark, well-ventilated place for up to 2 weeks.



NO-NOODLE VEGETABLE LASAGNA

PointsPlus® value: 5 per serving | Serving size: 1

INGREDIENTS

- 5 spray(s) cooking spray, divided
- ▲ 1 medium eggplant, trimmed, sliced lengthwise in ¼-in thick slices
- ▲ 2 large uncooked zucchini, trimmed, sliced lengthwise in ¼-inch thick slices
- 1 large egg, beaten
- ▲ ¾ pound part-skim ricotta cheese
- ▲ ¼ cup basil, fresh, cut into thin strips
- ½ cup grated Parmesan cheese, divided
- 4 cups marinara sauce, divided
- ▲ ½ pound shredded part-skim mozzarella cheese, divided
- ▲ = Power Food



INSTRUCTIONS

To roast vegetables, preheat oven to 400 F. Coat two baking sheets with cooking spray.

Place eggplant on one prepared baking sheet and place zucchini on other prepared baking sheet; coat vegetables with cooking spray. Roast 8 minutes; turn over vegetables and roast for 7 to 10 minutes more (total roasting time should not exceed 20 minutes or the vegetables will get too mushy); remove from oven and set aside. Meanwhile, in a medium bowl, combine egg, ricotta cheese, basil and ¼ cup Parmesan cheese; set aside.

When vegetables are done, reduce oven temperature to 350°F.

To assemble lasagna, coat bottom and sides of a 14" X 8" baking dish with cooking spray. Spread a thin layer of sauce (about ¼ to ⅓ cup) on bottom of pan. Layer eggplant over sauce (use all the slices, even if you have to overlap them). Cover eggplant with half of marinara sauce and then spread half of ricotta mixture on top; sprinkle with half of mozzarella cheese. Top mozzarella cheese with zucchini and cover zucchini with remaining marinara sauce; spread with remaining ricotta mixture and then sprinkle with remaining Parmesan cheese.

Bake until bottom starts to bubble, about 35 to 40 minutes. Remove lasagna from oven and allow it to rest for about 15 to 20 minutes before slicing into 12 pieces.

Yields 1 piece per serving.

NOTES: Use a mandoline to slice the vegetables, if possible. If you do not have a mandoline and cannot cut long, even slices of the eggplant and zucchini with your knife, you can slice them into ¼-inch rounds instead.

MINI CHOCOLATE-CHIP COOKIES

PointsPlus® value: 1 per serving | Serving size: 1

INGREDIENTS

2 Tbsp salted butter,
softened

2 tsp canola oil

½ cup packed brown
sugar, dark variety

1 tsp vanilla extract

⅛ tsp table salt

▲ 1 large egg white

¾ cup all-purpose flour

¼ tsp baking soda

3 oz semisweet
chocolate chips,
about ½ cup

▲ = Power Food

INSTRUCTIONS

Preheat oven to 375°F.

In a medium bowl, cream together butter, oil and sugar. Add vanilla, salt and egg white; mix thoroughly to combine.

In a small bowl, mix together flour and baking soda; stir into batter. Add chocolate chips to batter; stir to distribute evenly throughout.

Drop 48 half-teaspoons of dough onto one or two large nonstick baking sheets, leaving a small amount of space between each cookie.

Bake cookies until golden around edges, about 4 to 6 minutes; cool on a wire rack.

Yields 1 cookie per serving.

NOTES: Indulge your cravings for an intense chocolate experience. Buy a 3-ounce bar of fine chocolate with a % of 75 or higher on the label. Chop up the bar and use it instead of the chocolate chips (could affect *PointPlus* values.)



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