

MY BEST WEIGHT WATCHERS TIPS

+ Freestyle Recipes



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MY WEIGHT WATCHERS JOURNEY

When I was kid, I remember my Mom trying every diet on the planet. The worst diet she ever tried was the cabbage soup diet. I literally wanted to die when I came home from school every day (for two whole weeks!) and the whole house smelled like cabbage. To this day, the thought of cabbage makes me gag! My Mom then tried Weight Watchers and lost 60 pounds. She was the healthiest she had been in her post-children life, but more importantly, she was HAPPY with what she was eating! The fact that she could eat whatever she wanted, in moderation, made me realize from a young age that it was a lifestyle instead of a diet.

I was naturally thin, so of course I knew that would never be me. Fast forward to adulthood, 4 kids and a broken foot later, and I found myself 100 pounds overweight. I was horrified, but too depressed to do anything about it for the longest time. I spent about 15 years doing Weight Watchers (and diets) off and on. The only thing I ever stuck with for more than a day or two was Weight Watchers; it was the only plan I ever had success with. Unfortunately, I usually lost about 20 pounds and then got lazy and gained it back.

2017 was different. In May, I decided I was going to join a gym (Orange Theory!), and not worry about food. I loosely followed what I knew about Weight Watchers, but mostly worried about the fitness aspect of weight loss. The principles I learned from WW helped me stay in check. In a little over 6 months, I lost more than 50 pounds. About that time, I decided to start Weight Watchers again, officially. It happened to be around the same time Freestyle was getting ready to come out, so I was excited to try a fresh, new plan. I was thankful that it wasn't a new way of counting points (I need to keep it simple!), and I was thrilled about the huge list of zero point foods.

This ebook is for those who know and love Weight Watchers, as well as those who are new to the program and want to try it out. The Freestyle Weight Watchers plan is THE BEST plan I've tried. I'm so excited to share it with you and I hope you have amazing success!

WHY WEIGHT WATCHERS?

Weight Watchers is the only plan I've followed with any success, so that's the easy answer when someone asks why I keep going back to it. There are many other reasons, though.

You can eat whatever you want - within reason and moderation - and you never feel deprived! While the plan is designed to help you make the healthiest choices possible, if you feel the need to indulge, you can plan for it. I have a bad habit of craving Dr. Pepper once every few weeks. I don't even need to drink the whole can, I just want a few drinks. I know this and I plan for it! I love ice cream. I know this and I plan for it. Sensing a theme here?

If you do the program online or in person, you'll have the most success. However, you CAN follow the plan on your own by using free online resources (like the free calculator and recipes on my blog).

With blogs and sites like Pinterest, it's easier than ever to achieve weight loss success with Weight Watchers.

THE BODY ACHIEVES
WHAT THE MIND
believes!

WHY I LOVE FREESTYLE

The Freestyle plan still utilizes SmartPoints, so it's not like you've got a whole new system to learn. I remember when I switched from PointsPlus to SmartPoints I was a little frustrated, because I had gotten so good at the PointsPlus plan. With Freestyle, you'll still be using the SmartPoints system you're used to - you just get more FREE (zero point) foods!

As a vegan, I love that tofu, beans, and lentils are zero points! Even if you're a meat eater, you'll love Freestyle because lean proteins such as chicken and turkey are zero points as well. Even though your points allowance will go down a bit, you'll be able to eat more food on this plan.

Meal prep is made easier with this plan, too, especially if you are the type of meal planner who likes to make a ton of shredded chicken at the beginning of the week. Chicken, turkey, and tofu are all super versatile and easy to make ahead of time.

If you haven't switched to Freestyle yet, don't be intimidated. You'll love it!



NEW ZERO POINT FOODS

Eggs (This is a game changer!)

Fresh/frozen/canned beans and lentils

Boneless skinless chicken/turkey breast

Ground lean chicken/turkey

Fish, shellfish, canned tuna (in water) - excludes smoked/dried

Tofu and some meat substitutes

Quorn fillets, ground Quorn, and Quorn pieces (meat substitute)

Non- fat plain yogurt (including Greek and soy)

There are over 200 zero point foods on the Freestyle plan, including fruits and vegetables (excluding potatoes and yams).

Check the Weight Watchers website for a full list.

7 TIPS FOR SUCCESS

1. Find an accountability partner.
2. Meal plan.
3. Pre-track. This isn't a must, but it helps me a lot. Tracking points before eating.
4. Commit to the program for a certain amount of time (like 3 months) rather than a certain number of pounds lost.
5. Drink lots and lots of water!
6. Fill up on fruits and veggies rather than pre-packaged snacks.
7. Get up and move. Exercise for at least 30 minutes, 3-5 times a week.

Find more tips on my blog!

EATING OUT ON WEIGHT WATCHERS

While the goal with Weight Watchers is to make healthier food choices, sometimes we get stuck out and about and need to grab some fast food. Here are three of my favorite fast food spots and some dishes that fit with the Freestyle Weight Watchers plan. I have more posts on my blog, just go to slapdashmom.com and search "weight watchers fast food" for full lists!



Low fat chicken tortilla soup (2 SmartPoints)
Chicken Caesar, half salad (5 SmartPoints)
Turkey Breast, half sandwich (8 SmartPoints)



Side Salad (2 SmartPoints)
Whopper Jr (7 SmartPoints)
Grilled Chicken Sandwich (6 SmartPoints)
Veggie Burger(8 SmartPoints)
(Hold the mayo!)



I order beans, salsas, and lettuce for zero points.
3 corn tortillas (6 SmartPoints)
Brown rice (6 SmartPoints)
Cheese (4 or more SmartPoints)



MY FAVORITE RECIPES



CHICKEN TACO CASSEROLE

INGREDIENTS

2 C. Cooked Chicken or Chicken
Substitute (like Gardein)
1/2 Onion
1/2 Bell Pepper
1 Packet Taco Seasoning + 1/4 C.
Water
1 C. Low-Fat Tortilla Chips,
crushed and divided
1 C. Nonfat Sour Cream
1 C. Shredded Monterey Jack
1 C. Salsa
1/2 Can Black Beans

6 SmartPoints
(Serves 6)

Preheat oven to 350°F.

Spray casserole dish with non-stick cooking spray.

Line the bottom of a casserole dish with half of the chips.

Saute the delicious veggies, beans, and chicken with the taco powder and water, making a sauce.

Stir together cooked veggie mixture with salsa.

Spread that mixture over your tortilla chips.

Repeat this process, so you'll have two identical layers.

Add sour cream, top with cheese, and garnish with cilantro.

Bake at 350° degrees F for about 20 minutes.

Serve and Enjoy!



LASAGNA

INGREDIENTS

2 cups ground turkey or soy crumbles
½ cup diced tomato
1 cup tomato sauce
1 tsp minced fresh parsley
½ - 1 tsp black pepper
1 tsp olive oil
1/3 cup part-skim or light ricotta
cheese (optional)
1 cup part-skim mozzarella cheese
1 zucchini, sliced
9 lasagna noodles
Handful of fresh basil

6 SmartPoints
(Serves 6)

Cook lasagna noodles to just soft and set aside.

While noodles are cooking, heat ground turkey/beef with 1 tsp olive oil, pepper, and parsley in a large skillet over medium-high heat for 8-10 minutes.

Add in diced tomatoes and tomato sauce, stir well, and cook another 5 minutes.

Spray the bottom of your pan with nonstick, and lay out a layer of lasagna noodles.

Add on a thin layer of your meat mixture.

Add one zucchini on top for every “serving” you have.

Follow with a layer of ricotta (use all your ricotta for this layer).

Sprinkle mozzarella over it, along with fresh basil.

Repeat steps 4-6 (lasagna noodles, meat, zucchini).

Add a final layer of mozzarella.

Bake at 400 degrees for 20-25 minutes or until top is brown and bubbly.

Cut into squares and serve with an extra basil leaf on top.



CHICKEN POT PIE

INGREDIENTS

2 cups cooked chicken (boneless skinless)
2 cups frozen mixed vegetables
1 can of cream of mushroom soup
1 can of cream of potato soup
1/4 white onion, chopped
1 tsp veggie stock
1 can low-fat biscuits

In a skillet, saute chicken, vegetables, and onion until tender.

Pour into a casserole dish, along with your soups and veggie stock. Mix thoroughly.

Break apart biscuit into pieces, cover all over your veggies.

Bake at 350 for 20 minutes.

6 SmartPoints
(Serves 6)



VEGGIE LOADED MAC N CHEESE

INGREDIENTS

8oz elbow noodles
1 cup low fat shredded colby jack
1 cup fat free milk
1/2 red bell pepper
1/2 yellow pepper
1/2 green pepper
1 cup yellow corn

Cook macaroni al dente.

Rinse with cold water so it doesn't get soggy.

Saute veggies together in a large skillet.

Combine with cooked macaroni, fat free milk, and 1/2 cup cheese.

Spread into casserole dish, cover with remaining 1/2 cup of cheese.

Bake for about 30 minutes at 350 degrees F.

6 SmartPoints
(Serves 6)



BROCCOLI CHEDDAR SOUP

INGREDIENTS

10 oz Velveeta reduced fat cheese
3 cans (14oz) fat free veggie broth
2 pounds chopped broccoli
2 Tablespoons chopped green chilies

Mix cheeses and vegetable stock together, simmering on the stove over medium heat for 10 minutes, stirring frequently until blended.

Drop in broccoli and chilies, then cook for another 15 minutes. Add in carrots, tomatoes, celery, or other veggies at this time (if you'd like).

2 SmartPoints
(Serves 10)



BLACK BEAN CHILI

INGREDIENTS

2 cans black beans
1 jar mild salsa
1/3 cup vegetable stock
heat to taste (I used habanero seasoning)
garlic to taste (I added 1/2 tbsp)
dash of cumin
parsley for garnish

Dump all ingredients in a large pot.

Cook on 15 minutes on med-high, stirring often.

Serve garnished with parsley. Enjoy!

0 SmartPoints



Thank you for downloading my free ebook. [Click here](#) to join my email club to get new freebies in your inbox each week.

xoxo, Sadie

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