



Weight Watchers Simple Start Recipes: The New Two-Week Plan!

Meigyn Gabryelle

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For 2014, Weight Watchers® has a new plan - Simple Start®. And simple it is! No counting points, no counting nutritional values, no boundaries, except two: Quit eating when you feel satisfied and eat only the Power Foods® identified by Weight Watchers®. Simple.

This book offers recipes made from the Weight Watchers® list of Power Foods® so they fit right into the new Simple Start® plan. You won't find any Weight Watcher® points or nutritional values listed for the recipes, because you don't count any of that information for the two weeks you eat the Simple Start meals. We've left them out in support of "no counting" anything.

There is one tiny exception, indulgence points, about which we've included information in the Introduction below and a sampling of them at the end of the book. If a recipe has an indulgence point involved in the ingredients, we've noted that for you, too. They are the only points you will count during the Simple Start® weeks - and they are limited to seven per day with no carryover.

The recipes in this book are selected to prevent hunger and cravings, as well as to aid you in your initial weight loss during the first two weeks. They are broadly variable in their use - have them for any meal of the day depending on your preference.

The premise of Simple Start® is to quit eating when you feel satisfied - not when you feel full. Beyond that "simple" premise is to eat only the dishes and menus made from the Weight Watchers Power Foods List ® which you can access by clicking on this link. Any food not found on this list must count as "indulgence points" according to their point value per Weight Watchers® - Simple Start® is just that simple.

Simple Start has been designed to jump start weight loss for people new to Weight Watchers® and to re-motivate those dedicated Weight Watchers® that may need a boost to get back on track. This two-week plan works for several reasons:

- ? There is no tracking anything, freeing you from constantly thinking about food
- ? Preparing your own meals is therapeutic - it slows you down and promotes enjoyment of meals
- ? You find the point at which you are satisfied from hunger, not full from food - stop when you're satisfied
- ? You'll always be able to find a Power Food on a menu, no matter where you dine
- ? Cravings for sugar and fatty foods will disappear as you begin to eat "real food."
- ? You don't have to worry about portions, except for two:
 - o Indulgences: Treat yourself to them daily - up to seven points only
 - o You must include 2 teaspoons of healthy oils per day from the Power Foods list

You can construct or modify your own recipes to fit within the Simple Start plan just by making

substitutions. For instance, if a recipe calls for dried fruit (which isn't allowed), substitute fresh fruit instead. Or, if a recipe requires the inclusion of cheese, simply use fat-free instead of regular. It's simple to adjust your preferences to fit within Simple Start.

Use your seven daily indulgence points wisely - or not at all - depending on what you need or want on a given day. Just remember that not including them will make you feel more like a dieter than a satisfied eater. Remember, the recipes in this book note when an indulgence point is used - otherwise, none are included in the recipe. Anything you eat that is not on the Power Foods list, or is above the daily quantity allowed, requires that you count the indulgence point that day. We've included a sample list of typical indulgence foods and their point values following the last chapter: Favorite Indulgence Foods and Points.

Simple Start is an easy way to begin your weight loss; it is easy to follow and offers easy to prepare recipes. Once you've completed the first two weeks on Simple Start, you may elect to do it for another two weeks or convert to one of the other Weight Watchers® plans to carry you through to your weight loss goal.

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Carmen Helton:

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