Quickbites ~

Though we're well past April Fool's Day it's still OK to be a little bit sneaky. As in, you can sneak something deliciously satisfying into your plan every single day without affecting your Points total. You'll find out exactly what we mean in The Secret to Satisfaction.

Of course, you're entitled to a splurge now and then, too. Want ice cream? A cocktail? Potato chips? On Weight Watchers it can be easy to work them in. But before you treat yourself, there's just one question you need to answer: Is this Worth It?

Another treat for many is ordering in. Again, on Weight Watchers, it's no problem. Just read Takeout Orders, Done Right to discover the little buzzwords that can help you avoid the unhealthy options.

And here's a satisfying and healthy dish you can whip up any time. Our delicious Quinoa and Tomato Salad makes a delicious lunch or side salad, is full of fiber and flavor, and has a PointsPlus® value per serving of only 5!

Enjoy the issue!

Links not working? Just cut and paste the following link into your Web Browser.

http://storage.coremotivesmarketing.com/library/420f5e1a-f3b1-4c67-94fc-6f1edc87904b/500/landingpages/d3e7d2c3-dbbf-e311-adf2-6c3be5a84ff4.html