

## 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**<sup>®</sup> value per serving of only 5!

Enjoy the issue!

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

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