

## Quickbites ~

Yes, Valentine's Day was last week – but at Weight Watchers we've decided to extend it a bit, with a Quickbites issue filled with tips, news and recipes you can't help but love.

Speaking of love– our first article is [Love Your Weekends](#). It's filled with simple ways to stay on track and avoid weight loss roadblocks from Fridays to Mondays. If your weekends often include eating out, be sure to read [Be a Portion Pro](#) to learn how to gauge portion sizes using everyday objects as your guides.

We're also counting down the days to Mardi Gras. Whether you're heading to New Orleans, the Mardi Gras capital of America, or partying at home, our article, [Mardi Gras, Lightened Up](#), will show you how to enjoy the signature dishes of this amazing cuisine without piling on the calories.

And, we've also included a tasty New Orleans style recipe. This [15-Minute Chicken Gumbo](#) combines convenience foods and Creole spice for a quick, but hearty Southern dish with a **PointsPlus**<sup>®</sup> value per serving of only 8!

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/3c5c44e8-2693-e311-8cc9-6c3be5a84ff4.html>