Quickbites ~

The feasting season is upon us, with Thanksgiving just around the corner and the winter holidays right behind. Between family get-togethers, holiday shopping (always in the vicinity of food courts it seems) and indulgent parties on our agendas, it’s no wonder so many of us get off track, figuring we’ll just start fresh in the New Year.

But, what if you could stay in check and not have to spend the beginning of 2014 trying to make up for 2013’s overindulgences?

Take a look at this issue of Quickbites!

We begin with Rock the Food Court, an article filled with strategies on how to eat well even when temptation is lurking at every counter. And be sure to read Friends (and Family) Without Food, for reminders that getting together and having fun doesn’t always have to involve a fork.

Flying during the holidays? Planning your food choices ahead of time can help you avoid the fat-and-sodium laden meals and snacks that airlines and airports seem to specialize in. Read 5 Tips for Healthier Mid-Air Meals, and you’ll be able to take off without carrying along unhealthy food baggage.

And remember, Weight Watchers isn’t about deprivation – it’s about indulging the right way. So we’ve included a rich, chocolaty recipe for you. These Chocolate-Fudge Cookie Bites are tasty little morsels of chocolate deliciousness, but come with a PointsPlus® value per serving of only 1.

Enjoy the issue!

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