

**60 YEARS OF LOVE!**

**BIRTHDAY**

**M O D E**

**UNLOCKED**



Our birthday, *your* celebration.



**JEAN  
NIDETCH**



#BELIKEJEAN

## WEIGHTWATCHERS® JUST TURNED 60 AND WE'RE CELEBRATING YOU!

"Weight loss" and "parties". Not usually two things you expect to hear in the same sentence!  
We fundamentally believe that enjoying life and your favourite foods is the path to successful weight loss.

Eliminating foods? Old.  
Counting calories? Old.  
Fad diets? Old.  
Missing Out? Old.

Sixty years of science-backed weight loss for people who know how to have a good time. We're sharing some of our favourite recipes and our members' best weight loss tips to help you succeed in meeting your goals while never missing out.

**"IF YOU WANT SOMETHING  
—AND IT'S LEGAL—  
DO IT."**

JEAN N.

\*Amoureux de la nourriture

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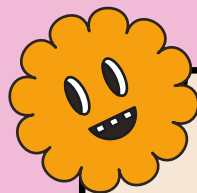
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# FROM OUR MEMBERS TO YOU



## Six decades. Six recipes.

For the last 60 years WW has been about you – living the life you want and eating the foods you love. That includes fries, pasta, and chocolate – member must-haves.

Unapologetic, yes. But also highly individual.

Savour these recipes with friends or family, because **WeightWatchers** is for people who want to lose weight and have a good time.

### Want more?

WW has **6,500+** delicious and healthy recipes to support your weight loss – featuring the foods you love and some new favourites too.

**JOIN NOW!**



## CRISPY OVEN FRIES

3

Prep: 15 min • Cook: 45 min • Serves: 6

### Ingredients

- Uncooked Yukon gold potatoes 910 gm, (about 5 medium) •
- Olive oil - 1 tbsp •
- Rosemary - 1 tbsp, minced, leaves only •
- Minced garlic - 2 tsps •
- Lemon zest - 1 tsp, minced •
- Table salt - ½ tsp •
- Black pepper - ½ pinch, freshly ground

ELIMINATING FOODS? OUT. FRIES? DEFINITELY IN. THIS RECIPE USES A SUPER HOT OVEN TO KEEP THE CRISP AND CUT THE POINTS®.

**1.** Preheat oven to 425°F. Line a large rimmed baking sheet with parchment paper. Cut potatoes into 1/2-inch-thick sticks (you should have about 60 fries). Spread fries on prepared baking pan making sure fries don't overlap or touch; coat with cooking spray. Bake for 40 minutes, turning every 10 minutes.

**2.** Meanwhile, in a small bowl, combine oil, rosemary, garlic, lemon zest, salt and pepper. After fries have cooked for 40 minutes, remove from oven and sprinkle with oil mixture; toss well. Bake until aromatic and browned, about 5 minutes. Transfer pan to a wire rack and cool for a few minutes; sprinkle fries with any herb mixture on pan before serving.



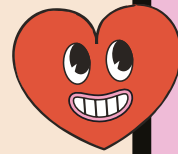




## **TOMATO-BRAISED CHICKEN**

1

**Prep:** 15 min • **Cook:** 1h15 min  
**Serves:** 4



### **Ingredients**

Cooking spray 4 sprays •  
 Uncooked boneless skinless chicken breasts 1½ pounds, 4 [5] oz pieces •  
 Olive oil 2 tsps • Uncooked onions 2 medium, thickly sliced • Garlic cloves 2 cloves, large, finely chopped • Button mushrooms 1½ cups, quartered •  
 Uncooked carrots 2 medium, thickly sliced on a diagonal • Canned diced tomatoes 14½ oz • Canned tomato paste 2 tsps • Fresh parsley 2 sprigs, 1 chopped and 1 for garnish • Store-bought chicken stock 1¼ cups •  
 Table salt ¼ tsp • Black pepper ⅛ tsp



**THIS COLOURFUL DISH FEATURES A MEMBER-FAVOURITE LEAN PROTEIN: CHICKEN BREAST. THIS VERSATILE ZEROPOINT® FOOD WAS TRACKED MORE THAN 17 MILLION TIMES LAST YEAR!**

**1.** Preheat the oven to 375°F. Coat a large nonstick skillet with cooking spray and heat over medium-high. Add the chicken and cook until browned, flipping once, 3 to 4 minutes per side. Transfer the chicken to an ovenproof casserole dish.

**2.** In the same skillet, heat the oil. Sauté the onions and garlic until softened, 3 to 4 minutes. Add the onions to the casserole dish with the mushrooms, carrot, diced tomatoes, tomato paste, and parsley sprig. Pour the stock into the skillet and cook over medium heat, stirring to incorporate the pan juices, 1 to 2 minutes. Pour the stock into the casserole dish and gently stir. Season with salt and pepper and stir again.

**3.** Place the casserole dish in the oven and cook until the chicken reaches an internal temperature of 165°F and the vegetables are tender, about 1 hour. Garnish with the chopped parsley and serve.



## **SEAFOOD LINGHINE WITH LEMONS**

9

**Prep:** 20 min • **Cook:** 15 min  
**Serves:** 4

### **Ingredients**

Cooking spray 4 sprays • Uncooked linguini 8 oz • Lemons 2 items, halved •  
 Butter 1 tbsp • Olive oil 1½ tsps • Uncooked shrimp 6 oz, peeled and deveined •  
 Uncooked scallops 6 oz, bay variety • Garlic cloves 4 cloves, large •  
 Canned clam 6 oz, chopped, drained • Lemon zest 1 tbsp •  
 Fresh lemon juice 2 tsps • Kosher salt ½ tsp • Black pepper ½ tsp •  
 Fresh parsley ⅓ cup, chopped • Chives ¼ cup, chopped



**THERE'S LOTS OF BRIGHT, SUNNY LEMON-ZEST AND JUICE—IN THE PASTA, BUT WE TAKE THE CITRUS GOODNESS ONE STEP FURTHER BY SERVING EACH BOWL WITH A SEARED LEMON HALF TO SQUEEZE ON TOP OF THE PASTA.**



**1.** Cook the pasta according to the package directions. Scoop out and reserve ½ cup pasta water; drain the pasta.

**2.** Meanwhile, coat a large nonstick skillet with cooking spray and heat over medium-high. Add the lemon halves to the pan, cut side down. Cook until seared, about 3 minutes. Remove the lemon halves from the pan. Add the butter and oil to the pan, swirling until the butter melts. Add the shrimp, scallops, and garlic; sauté until the shrimp and scallops are done, 3 to 5 minutes, stirring frequently. Stir in the clams; cook until the clams are thoroughly heated, 1 to 2 minutes.

**3.** Add the drained pasta, reserved ½ cup pasta water, lemon zest and juice, salt, and black pepper to the pan; toss well to combine. Remove the pan from the heat; stir in the parsley and chives.



## VEGGIE PHYLO TART

6

Prep: 20 min • Cook: 15 min • Serves: 4

### Ingredients

Cooking spray 16 sprays • Phyllo dough 7 oz, 8 large sheets (14 by 18 inches each) or 16 small sheets (9 by 14 inches each) • Uncooked asparagus 5 oz • Uncooked zucchini 1 medium, coarsely chopped • Uncooked scallions 4 medium, coarsely chopped • Fresh cherry tomatoes 8 medium • Raw egg 1 large • Low fat crème fraîche 3½ oz • Dried oregano 1 tsp, or mixed Italian herbs • Table salt 1 pinch • Black pepper 1 pinch • Fresh basil 2 tbsps • Arugula ⅛ cup, 2 tbsp

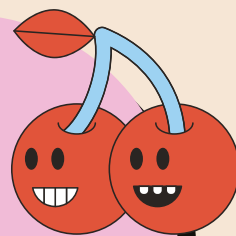
Mix and match your favourite veggies in this customizable tart. Cut larger pieces for a main course or bite-sized squares for an appetizer.



**1.** Preheat oven to 425°F. Coat large baking sheet with nonstick spray. Arrange 2 large sheets of phyllo (or 4 small sheets of phyllo) on baking sheet, overlapping in center and allowing ends to hang over sides. Repeat with 2 more large sheets of phyllo (or 4 small sheets) and spray with nonstick spray. Repeat, building layers with remaining phyllo and nonstick spray to make total of 4 layers. Scrunch up edges of phyllo to form a rim and to fit pan. Bake phyllo until golden, 3 to 4 minutes.

**2.** Meanwhile, in food processor, pulse zucchini and scallions until finely chopped. Halve tomatoes. In small bowl, beat egg, crème fraîche, and herbs. Season with salt and black pepper. Pour egg mixture over phyllo. Scatter zucchini, scallions, asparagus, and tomatoes on top of egg mixture. Bake tart until egg mixture is set, 10 to 12 minutes.

**3.** Let tart cool slightly. Cut into quarters. Serve warm or cold and top with basil and arugula leaves.



## WILD BLUEBERRY HAND PIES

6

Prep: 15 min

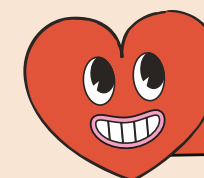
Cook: 20 min

Serves: 8



### Ingredients

Cooking spray 4 sprays • Unbaked refrigerated pie crust 7 oz, or homemade • Frozen wild blueberries 3 cups, fresh blueberries or defrosted, unsweetened • Turbinado sugar 3 tbsps • Lemon zest 1 tsp, (plus extra for garnish) • Fresh lemon juice 1 tsp • Table salt 1 pinch • Cornstarch 1 tbsp • Fresh mint leaves 1 tbsp, chopped (optional)



Portion controlled and ready in 40 minutes, these tarts make the most of seasonal blueberries.

**1.** Preheat oven to 425°F (218°C). Coat a large-size muffin tin with cooking spray.

**2.** Use a 4-in diameter glass or circle cookie cutter to cut 8 circles out of piecrust (re-roll scraps with a rolling pin as needed to cut the last circle). Place crust circles in bottom of prepared muffin holes; press down on bottoms and slightly up sides. Toss together blueberries, sugar, lemon zest, lemon juice, salt and cornstarch in a bowl; spoon evenly into crusts.

**3.** Bake until crusts are browned and top is bubbly, 20 minutes. Let cool completely before removing from pan. Serve garnished with lemon zest and fresh mint (optional).



# FLOURLESS CHOCOLATE CAKE

8

Prep: 30 min • Cook: 40 min • Serves: 12

## Ingredients

Cooking spray 4 sprays • Unsweetened cocoa powder 1 tbsp, Dutch processed, divided • Bittersweet chocolate 3 oz, coarsely chopped • Unsalted butter 1 tbsp • Light sour cream ½ cup • Uncooked egg yolks 3 large • Turbinado sugar ⅓ cup • Vanilla extract 1½ tsps • Almond flour ⅔ cup • Egg whites 5 egg whites, large • Table salt ¼ tsp • Turbinado sugar ½ cup • Powdered sugar (confectioner's) 2 tsps • Fresh raspberries 2 cups

1. Preheat oven to 350°F. Coat a 9-inch springform pan with nonstick spray. Sift 1 Tbsp cocoa into pan; tilt pan to coat bottom and sides.
2. Combine chocolate and butter in a medium microwavable bowl; microwave on High until chocolate softens and butter begins to melt, 1 minute. Stir until smooth; allow to cool.
3. Sift remaining 2 Tbsp cocoa into a small bowl; add sour cream, mix until smooth, and set aside. Using an electric mixer with the whisk attachment, beat egg yolks and 1/3 c granulated sugar in a large bowl at medium-high speed until thick and lemon-colored. At low speed, beat in chocolate mixture and vanilla extract. Add sour cream mixture, gently folding with rubber spatula until blended; fold in almond flour.
4. With the electric mixer and a clean whisk attachment, beat egg whites and salt in another large bowl at medium speed until soft peaks form when beaters are lifted. Add remaining 1/2 c granulated sugar, 2 Tbsp at a time, until blended. At medium-high speed, beat until firm (but not too stiff), glossy peaks form, about 2 minutes.
5. Spoon 1/3 of beaten egg whites over chocolate mixture, gently fold just until whites are incorporated; repeat with remaining beaten whites. Pour into prepared pan and smooth top. Bake until toothpick inserted in center comes out clean, about 40 minutes.

# THERE'S NO BIRTHDAY WITHOUT CAKE...

Or cocktails! Losing weight and keeping it off is all about balance – that means not giving up on the party foods you love.

## NIBBLE...

A simple, yet [special appetizer](#) full of zingy spring flavors.



## RAISE A GLASS...

Get your glasses ready! Because you'll only need five minutes to prepare this [floral and fruity blend](#).



## HAVE A SLICE...

[Soft and chocolatey](#), you'd never guess this stunner of a cake uses canned pumpkin and monk fruit to cut the sugar and keep the sweetness.

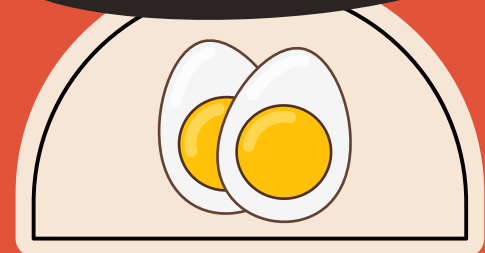


# 6 TIME-TESTED FOODS

When you've been around as long as we have (60 years and counting) and you've helped millions of people meet their weight loss goals, you've seen a food trend or two come and go. But over the years, six foods have stood the test of time. Check out our most enjoyed foods and some tips on how to make them even greater.

1

EGGS



Ubiquitous and, easy to prepare, eggs are a protein-rich ZeroPoint food that can help keep you feel fuller for longer. Whether you like them poached, scrambled, or hard-boiled, they're a quick and easy option for a light lunch or a healthy snack. Recipe ideas and cooking methods are endless. We recommend this [shakshuka](#) for any meal of the day.

Bananas are an all-star choice when it comes to adding more nutritious, wholesome foods to your meals and snacks. They're full of important nutrients like potassium, magnesium, fibre, vitamin B6, and vitamin C. We've also [got ideas](#) for all your almost-black bananas too.

2

BANANAS



3

COFFEE



No matter what your morning routine looks like, chances are high that it includes coffee. Without sugar, a cup of coffee has 0 Points. We are so here for classic lattes to social stars like [Dalgona coffee](#).

4

CHICKEN BREAST



There's no doubt that chicken is a great lean protein (plus, it's a ZeroPoint food): Boneless, skinless chicken breast is rich in protein, super versatile, and it does not have to be boring. We've got you covered with these inspired recipes. But don't worry, [we've got you covered with these inspired recipes](#).

Apples are a good source of fibre and vitamin C and work well in [savory](#) recipes as well as sweet... Tip: To get the maximum nutritional benefits, you'll want to eat the skin—so don't peel before eating.

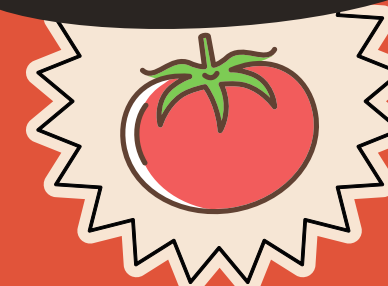
5

APPLE



6

TOMATOES



Sauce, sandwiches, condiments, is there anything a tomato can't do? This fruit masquerading as a veggie is super versatile and full of copper, vitamin C, and K. Make the most of fresh in-season tomatoes with this [easy pico de gallo](#).



# MISSING OUT? NOT WITH WEIGHTWATCHERS



Whether it's dinner at a restaurant, a house party, or drinks with friends, we know you want to have a good time. At WeightWatchers we are celebrating 60 years of science-backed weight loss for people who love a good time. Here are 10 mindful ways to enjoy your social life while meeting your weight-loss goals.

## 1

### Check out the menu

before going out. This way you can order with confidence instead of making a game-time decision that doesn't align with your goals.

## 2

### BYO-desert

or a starter to make sure you have an on-plan option.

## 3

### Use ZeroPoint foods.

Build your meals around [ZeroPoint foods](#), ensuring a nutritious and filling base (and room for your favourites).



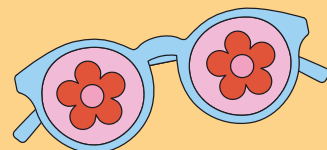
## 4



### Fill your (smaller) plate.

One of the simplest ways to monitor how much you're eating is to consolidate your food for the evening onto one small side plate.

## 5



### Be mindful about mindless grazing.

According to WW nutritionist and recipes editor Leslie Fink, MS, RD, "Anything that comes in a dip or chip basket is dangerous territory," since it's very easy to dip and munch without thinking about how much food you're eating overall.

## 6

### Savour each bite...

This is a great way to reconnect with your senses and to avoid eating more than you really need to. How does your food look? What type of texture does it have?



## 7

### Don't go hungry.

People often skip meals or eat less before a big night out. But you're more likely to consume more than normal if you haven't eaten all day.

## 8

### Sip smarter...

keep an eye out for lower-Point mixers like fresh lime juice or flavoured seltzer, rather than sugar-heavy sour mix. And of course, don't forget to drink water to stay hydrated!

## 9

### Enjoy yourself.

Consider which items you can only get at this gathering—and maybe edit out any options that wouldn't add much to your experience. The saltines you have in your pantry at home? Meh. But your friend's gold-medal blue-cheese dip, which she concocts once every four years using a top-secret recipe? Scoop it up and enjoy.

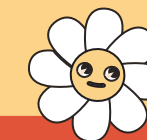


## 10



### Take a post-party check-up.

Empower yourself to take stock of what worked, what didn't go as well, and what you think might feel good, taste delicious, and keep you energized as you plan ahead for tomorrow.

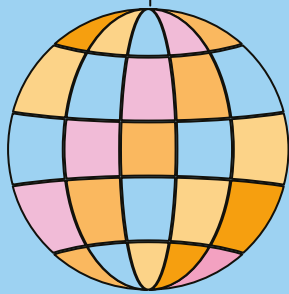


Understanding the science behind weight loss can help you embrace sustainable habits. Get more expert advice on nutrition, fitness, and overall wellness to support your journey every step of the way.

**JOIN NOW!**







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**60 y/o**

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