

WELCOME TO WW FLEX! SmartPoints® just got even more flexible

# weight watchers

MARCH 2018 **£2.99**

**'LOSING NEARLY 3st GAVE OUR Love A BOOST'**

Read Emily's story P.28



# 65

**GET-HEALTHY RECIPES & FOOD IDEAS**



MAKE PULSES YOUR NEW BFF  
*(that's best food friend!)*

+

PERFECT PANCAKES  
*Yes, you CAN make them healthy...*

+

QUICK & EASY MEAL PLAN  
*On the table in (next to) no time*

**ALL LIIT UP!**  
Your easiest workout EVER

# Better TOGETHER!

THIS ISSUE WE'RE ALL ABOUT... **SUPPORT & HELPING EACH OTHER**



**PLUS** HOW TO DATE WHEN YOU'RE *losing weight*



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All our SmartPoints recipes and ideas are tried and tested. Let us know what foodie experiments you'd like the team to trial by emailing them at [foodteam@seven.co.uk](mailto:foodteam@seven.co.uk)



## THAI-STYLE NOODLES

**SERVES 4** ~ Prep time 10 minutes  
~ Cook time 10 minutes ~ Calories  
425 per serving ~ SmartPoints  
7 per serving

### INGREDIENTS

**2 tbsp** soy sauce  
**2 tbsp** oyster sauce  
**1 tbsp** fish sauce  
**1 tbsp** clear honey  
**175g** flat rice noodles  
**1 tbsp** vegetable oil  
**2** garlic cloves, thinly sliced  
**4** skinless chicken breast fillets, sliced  
**200g** baby leaf greens, chopped  
**2** eggs, lightly beaten  
**Lime** wedges, to serve

### METHOD

- 1 In a bowl, combine the soy, oyster and fish sauces with the honey.
- 2 Cook the noodles to pack instructions, then drain and cool under cold running water.
- 3 Put the oil and garlic into a cold nonstick wok, then set it over a high heat. Cook until the garlic turns golden, then immediately add the chicken and stir-fry for 3 minutes until just cooked. Add the greens to the wok and stir-fry for 1 minute.
- 4 Push the chicken and greens to one side of the wok, and add the eggs to the other side. Scramble the eggs until cooked, then stir into the chicken and greens.
- 5 Add the noodles and sauce mixture to the wok and stir-fry for 1-2 minutes until the noodles are coated in the sauce. Divide between bowls and serve with the lime wedges.

## SWEET SPOT



### CAKE

**The Skinny Bakery Carrot Cake Pearls, £2.99, 85g (8 SmartPoints per pack). Available at [skinnybakery.co.uk](http://skinnybakery.co.uk)**

Linzi says:

'The Skinny Bakery was started by a home baker and I love everything in the range, especially these carrot cake bites featuring quark as a clever creamy frosting.'



### ICE CREAM

**Perfect World Caramel Pecan Ice Cream, £3.99, 500ml (3 SmartPoints per 100ml). Available at Nisa, Tesco and Ocado**

Sarah says:

'This nice cream (geddit?!) has no added sugar and is free from dairy so it's lower in SmartPoints. Plus, it's gluten-free so suitable for all.'



### PUDDING

**Weight Watchers Salted Caramel Chocolate Torte, £1.60, 2 x 130g (8 SmartPoints per torte). Available at Iceland and Ocado**

Nadine says:

'I keep a stash of these in the freezer for when I'm in need of chocolate, fast. It comes to room temperature in just 15 minutes.'

## WHAT WE'RE BUYING

Sarah says:

'Now that chicken breast is on the zero Points foods list, I'm finding it easier than ever to cook healthy meals. And snack time's becoming a little more interesting too! When I'm verging on hangry, cooked skinless chicken breast chunks fill the gap. These grab-and-go, ready-to-eat skewers are brilliant – the Original and Chinese varieties are zero SmartPoints per stick, and Spicy is one SmartPoint.'

**Grabits Chicken on a Stick, each £1 per 55g pack ([grabits.co.uk](http://grabits.co.uk))**

