

the ultimate low calorie, low fat, full flavor cooking guide

THE GUILT FREE GOURMET

Recipe Book & Cooking Guide

**100+ Full color pages of Recipes, Guides & Tutorials
for Healthy Cooking and Weight Loss**

by: **DANIEL HALLAK**

Cookbook Volume 1

Tutorials, Foundations and Sauces

Revised for: 2024



gourmet food with all of the flavor and none of the guilt



Low Calorie, Low Fat Cooking Guide: 2024

COOKBOOK VOLUME 1

Fourth Edition

Follow me online at:

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You can find this book, as well as all my Cookbooks, on Amazon.com

(not to be confused with that old vegan, gluten free, hippie dessert book of the same name... That's not mine)

Amazon: [Leave a book review](#), or I'll figure out a way to get coal in your stocking.

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The Guilt Free Gourmet, Low Calorie, Low Fat Cooking Guide: Volume 1: 2024 (4rd Edition)

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All readers are encouraged to go to a WW Workshop or the WW website for actual WW information and to also enter the listed ingredients of my recipes themselves into the Recipe Builder. Point values for certain ingredients change and are updated periodically by WW®, which may change the point values we are suggesting to be accurate for our recipes at this time.

This guide is in **NO WAY** meant to be a replacement for the WW Program. It is merely developed and intended for use as a collection of privately developed recipes, designed to complement the instructional materials and resources provided by WW to its members... BECAUSE WW IS AWESOME!

Any non-generic recipes within this guide were developed by me. All 'Point Values' were determined by entering the ingredients, measurements and servings into the Recipe Builder within the WW mobile App that is only available to paying members of the system. I strongly encourage anyone interested in developing a healthier lifestyle to join and follow the strategies for healthy living provided by Weight Watchers International (WW®).

All use of the terms Weight Watchers, WW, Points, Points Plan, Personal Plan, yadda yadda yadda in the following cookbook are used SOLELY for reference purposes, as is appropriate and allowed under fair use doctrine.

This publication is dedicated to my loving wife, whom I will never deserve. You have stood by me, a steadfast rock, weathering every storm and tempest that we've faced. You have supported and encouraged me during every phase of the past 18 years, and have held my hand through the darkest nights. Thank you for saying "Yes" all those years ago and for putting up with me ever since. On a positive, at least there's a whole lot less of me for you to put up with now.

- *Daniel*



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Is This A Cookbook?

Yes... and No. When I published the first edition of this cooking guide, back in December 2018, it was born out of a desire to try and help absolutely every single person in-program that I could. Every single day I'd log into Connect and read about people struggling, not knowing how to work the system, or unaware of all of the awesome little tips and tricks that we all use in our food prep. I thought that it would be a tremendous service, if I could try and compile all the food hacks and cooking cheats that I'd learned about, then put them into one place.

The original Cooking Guide that I published in 2018 had such an overwhelming response. I never would have imagined that there was such an insane desire and need for something like this. All of the famous food bloggers and chefs... they all pump out cookbooks like a conveyor belt. Here's the thing though... ever heard that age-old adage, "Give a man a fish and you feed him for a day. Teach him to fish and you feed him for life."? Well... same principle. My entire purpose for writing and putting this together is to TEACH YOU to cook differently, on your own, without me. I don't want to teach you to just blindly follow my recipes. I want to SHOW YOU how to use my basic principles to get those gears turning in your head, so that you have the light switch turn on and YOU start hacking down regular recipes like I do. I want to embolden you, and get you to start thinking outside of the box, with recipes and ingredients on your own.

I want you to finish reading through this cooking guide and feel empowered in your kitchen. I want you to try out new techniques and ingredients that you wouldn't have before. I want you to close this baby, open up the Recipe Builder and start playing around with modifying recipes, like a rockstar. Between my Foundation recipes and the low point sauce recipes, combined with the pages of food hack and ingredient swap ideas... you should be able to look at almost ANY recipe, from any website or magazine, then start dropping points like Godzilla drops skyscrapers in Tokyo.

HOW MANY POINTS PER SERVING ARE YOUR RECIPES?

For this newly revised version of my cookbook, for the 2023 plan, I'll be providing point values in 2 ways. Traditional AND a QR code you can scan. In this example, under 'points', you'll see a blue text bubble with 2 numbers. The **LEFT** number is points on the 'regular' plan, while the **RIGHT** number is the point value for the diabetic plan. Easy peasy.

R = Regular 0 point foods list
D = Diabetic 0 point foods list

R D

So in this case, the first serving is 0 points for folks on the 'regular' plan and 1 point for people on the 'diabetic' plan.

0-1

What The Heck Are These Weird Lookin' Square Thingies??

For those of you who are what we'd call 'old school', these things are known as a '**QR Code**'. QR meaning '**Quick Response**' code. They act like a barcode you'd see on the side of a product at the store. The difference being, THESE are used to act as a 'link'. Look at one of these with your phone's camera app, and just like clicking on a text-link on a website... these open up a new browser on your mobile device and take you somewhere, or show you something.



I go into more detail on how they'll be used in this book, on page 10. But suffice to say, if you want to find the accurate 'point' information for your specific plan Go ahead and check out page 10, then come back here and try scanning this baby. Consider it a test... a test where, if you get it right, you get to hang out with me and [@chiafullo](#), in Lederhosen.



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How To Scan QR Codes

Because of the new changes to the 'system', I will be providing the point values for the 'regular' program, as well as the 'diabetic' program. However, I'll only be giving the points for 1 serving of each recipe. Scan the QR codes to find more info on multiple servings ... [pages 10](#)

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This is geared towards the newer cooks in the kitchen. I want to highlight a few of the kitchen gadgets that I use a LOT in my cooking, that make things so much easier ... [page 11](#)

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Now we're getting into the nitty gritty. Six pages of suggestions, tips and ideas for food substitutions. These pages are filled with ideas for swapping out high fat, high calorie, high sugar ingredients in recipes ... [page 12-17](#)

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This is the most important part of the entire book. This section will walk you through the process, step by step, for how to enter recipes into the app's recipe builder. You'll also be walked through how to use ingredient swaps, from the previous section, to modify a high fat, high calorie casserole, into a MUCH healthier version of itself. You CAN eat anything in-system.... [page 18-21](#)

Eggs Benedict with Low Calorie Hollandaise & Smoked Salmon



Fresh, Home Made Pasta, with White Wine Butter Garlic Sauce

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Really? Free Cookbooks?

Though all of my cookbooks are available in printed format, on Amazon.com, you can open, view, save, print and share ALL of my cookbooks for free, at absolutely no charge whatsoever on my website: www.theguiltfreegourmet.net

I allow everyone access to my Cookbooks for free, in digital format. My website has no ads, promotions, pop ups, or links begging you to use my discount code and save 10% on something so I get a kickback. This is my ministry. Yeah, a coupla bucks is nice, but at the end of the day, the most important thing is feeling like I get to help people. For a guy who gave up his career to stay home and take care of two handicapped kiddos, this is my release. Making these cookbooks helps me out, just as much as it does you.



The Guilt Free Gourmet Cookbook Volume 2

- Dips & Spreads
- Salad Dressings
- Gourmet Appetizers
- Cupcakes & Cakes



The Guilt Free Gourmet Cookbook Volume 3

- Dressings, Spreads & Condiments
- Burgers, Sandwiches & Sausages
- Side Dishes
- Salads
- Bonus Recipes



The Guilt Free Gourmet Cookbook Volume 4

This one's currently up in the air. In Fall 2020, I had a very limited release 'Holiday Dishes' themed cookbook, which I dubbed Cookbook 4. I'm actually going to be changing CB4 into a Mexican, South American & Spanish cookbook.



The Guilt Free Gourmet Cookbook Volume 5

- Sauces & Dips
- Dim Sum/Appetizers & Soups
- Regional entrees from:
 - Cambodia, China, Korea, Japan,
 - Thailand, Vietnam & Taiwan



Introduction

Nothing about my intro. has really changed... who woulda' thunk it.

*Alright, for you folks that already have "The 2019 Low Point Cooking Guide" or follow me on Connect, this is going to be preeeeetty repetitive. Sorry *shrugs* This is mainly for the folks that don't know me yet.*

Hi there, my name is Daniel, but most of you know me from **WW Connect** as dhallakx7. As of the writing of this cookbook, I'm a 41-year-old stay at home dad to my 2 special needs kidlettes, Rachel (Autistic) and Jesse (Down Syndrome). Prior to this, I worked as a Graphic Designer & Web Developer for a really great company. I had just received a promotion, but when Jesse was born preemie and his diagnosis was finally confirmed, our priorities had to change, so I became Mr. Mom.

I still remember the night in 3rd grade when I turned from liking food, to wanting to gorge on food. My best friend Bart and I went to a high school soccer game with my older brother. At that game I saw something that I'd never seen before. A food vendor showed up in the bleachers pushing a food cart. He was using it to make hot, sugar coated mini cake donuts, fresh to order. I remember running down to that cart with my friend, looking at the fresh donuts, then immediately running up to my brother and asking for the money to buy some... then to buy some more... then to buy some more. And that's where it started.

I spent the better part of the next 30 years going from "husky" to overweight, eventually becoming heavy enough to be classified as obese. I only went swimming 3 or 4 times in the past 25 years out of shame for how I looked. I would make excuses not to see friends who were visiting from out of town, whom I hadn't seen in years. Heck, I wouldn't even change in the same room as my wife because I was



The new and improved 2019 Dad Bod GTO. Now available with dual child carriers, improved mileage and extended warranty.



embarrassed about my body. Yet, did it make me want to change and lose weight? Nope, I figured it wasn't worth it.

In order to lose weight, I was going to be eating nothing but rice cakes and tasteless diet food. I would have to start going to the gym, running and stop eating all the foods that I loved to eat. People on diets are always so miserable and complain about what they can't eat, how their diet de jour doesn't allow them to have sugar, or they are cutting all carbs, or they are doing "cleanses" or whatever insane dietary deprivation is the current trend. Why in the heck would I want to do that? I'd rather be fat and eating than be skinny and surviving on rice cakes, bean curd and sadness. But, when I finally hit my mental rock bottom, I stumbled upon an article online late at night. It was written by a female blogger who tried Weight Watchers for one month without doing any exercise and without giving up eating regular food. She ended up losing 5 pounds over the course of the month without working out, while still eating normal foods and staying within her Weight Watchers daily allotment of "Smart Points". I figured it was worth a shot as I had no



**Don't let food manipulate you,
learn to manipulate your food**

Rethink How You Cook

- Lower the fat, calories, sugar and carbs of foods, by swapping out high fat & calorie ingredients.
- Lose weight, by turning high fat & calorie food that you love, into a leaner and healthier dish.
- Retrain your brain to automatically think of ingredient substitutions, making this journey livable, sustainable, and enjoyable with GREAT food.

Cont.

Introduction

desire to stop eating normal food and no desire to exercise (at that time). The first few weeks were difficult but manageable. I was losing weight, I wasn't working out, but dear Lord, there was so much food that I missed eating that I couldn't have because it was so high in points. Then it happened... I found the "recipe builder" tool, within the WW mobile phone App, that pretty much changed everything.

I immediately realized the full possibilities the tool offered. I bought a cooking magazine from the grocery store, that had a recipe on the cover for a skillet full of baked rolls covered in tons of cheese, marinara sauce, pepperoni and Italian sausage. The type of meal there is NO WAY you could ever eat on Weight Watchers and stay within your points.

I scoured Connect for ingredient swap ideas and even came up with a few ideas of my own. I started swapping out regular cheese for fat free cheese and mixed in some plain yogurt for added creaminess. I adjusted spice amounts, checked how much wine I could cut with water to reduce the points and still taste it in a sauce. I tried getting as creative as I possibly could to make the skillet as low fat and low calorie as possible. Each time I did that with a new recipe, it became more and more fun, like challenging myself to solve a difficult puzzle. Now I can look at almost any recipe and think of ways to almost immediately start cutting the calories, while retaining the flavor.

Now, I absolutely LOVE doing this. I wake up every day, genuinely looking forward to "what am I going to try and make today?" I love logging in to the WW mobile app to check and see if there's anyone that needs a question answered, or needs help with a recipe... I love getting tagged by people who are looking for help.

After being stuck in a house, changing diapers, vacuuming, or being a taxi all day... getting to interact with adults who value you and want to chat, even if it's digitally, is such a relief.



Using QR Codes

Have you ever seen those crazy looking, square shaped code-thingies on a menu, flier or in a magazine and wondered what they are? Well... they are the exact same as a 'link' you'd find on a webpage, which you can click to go somewhere. But, these links are printed onto paper. You use a mobile device's Camera to scan (click) them.

So you don't have to "take my word for it", with my listed recipe's points, I wanted to provide you a way to check them for yourself, while also giving you the ability to track them. For all my recipes, if you scan the codes in this book, you'll be taken to my website, where you can click a link for any dish. That link will open up my recipe in YOUR app's recipe builder. This will let you see the accurate points on your plan, AS WELL AS LETTING YOU TRACK what you ate!

Step One:

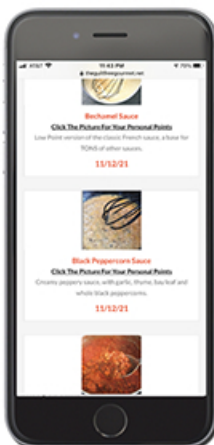


Open your phone's "camera" app, ya'know, the one you take pictures with. Open it, then point the camera at the square code-thingie you want to look up.



Step Two:

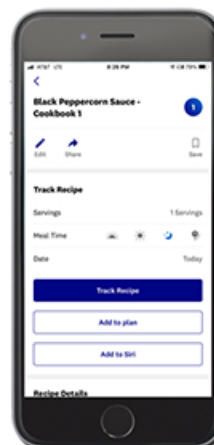
When you see 4 little yellow brackets around the corners of the code you want, a pop up that says "Open QR.IO in Safari" will appear at the top of the screen. Click that banner.



Step Three:

Once you click that banner, your device will open up the 'plan values' page on my website.

From there, scroll down, find the recipe you'd like point values for, then click the recipe's picture.



Step Four:

When you click the recipe's picture, it will instantly load up my recipe into YOUR WW app (if on a mobile device). If you're on a desktop, there's no need to scan a code. Just go to the 'Point Values' page on my site and click the recipe.

Your App will show you the points for my recipe, based off of YOUR 0 point food settings. Then, simply 'track' the food, adjust the servings, etc.

*** IMPORTANT ***

Once scanned, the links on my website will start up your WW app, showing you MY recipe, saved within the WW database. Sounds cool, right? Well... for bloggers and cookbook authors, this presents a legal grey area.

The WW App, the WW 'point' calculator and the WW database are all copyrighted by WW. Posting direct links on blogs or from cookbooks, directly TO the WW database maaaaay be construed as a breach of WW's Intellectual Property. As such, I have reached out to WW for clarification and asked if it would be possible to come to a licensing arrangement, so that I can link directly from my recipes in this cookbook, TO their App.

Until I am given permission, or some type of licensing arrangement can be made, my QR codes within this book will NOT link to my recipes in their database. Instead, scanning the QR codes in this cookbook, will instead take you to my 100% advertisement and revenue-free website, where you can find links to the recipe's point values. I apologize for the hopefully temporary inconvenience, but... legal's legal. Someday, the QR codes in this book will directly open up your app, but until that day... I have to use the website workaround. Sorry.



For most of you folks that cook a lot and have spent years trying new things in the kitchen, these Gadgets & Gizmos are nothing new to you. But this particular page is directed more towards people who aren't as comfortable in the kitchen yet and are wondering what some of the things are that I mention a lot in my posts. I've often heard people say "what's a food processor,?" or "Immersion Blender?" Well I thought it'd be a good use of a page to point out what some of the primary things are that I use, and what their purpose is, for the newer cooks in the kitchen.

1. Food Processor

Think of a food processor of a giant, wide bottomed blender. There are quite a few dips and dressings that are in this cookbook that rely heavily on using a food processor. ESPECIALLY the guacamole and the hummus. Sweet Lord in Heaven, it's worth it to get an inexpensive food processor for the Hummus recipe alone.

You don't need to buy an expensive model. Even just an inexpensive one from Big Lots will do the job. It is a necessity for a couple of the recipes.

2. Pasta Makers

Fresh pasta, if made the way that I teach, is lower in points and calories than store bought dried pasta. The Foundation recipe section has a great step by step tutorial for making fresh pasta. Making your pasta in the way that I show in this guide, will allow you to make a pasta sheet half the size of a sheet pan, for just 3 points.

3. Wire Strainers

These are used EXTENSIVELY in my cupcake and cake recipes, as well as in a few of the dips and sauces. You don't need an expensive set. I got mine at the 99 cent store and they've lasted for years.

4. Immersion Blender

YOU NEED THIS IN YOUR LIFE! It's essentially a small blender at the end of a stick. It is used in all of the recipes for my "creamy" dressings. Throw all of the dressing ingredients into the cup, use the immersion blender... you have dressing in 15 seconds. You can also use a regular blender as well, but it takes up a lot more counterspace. You can purchase an inexpensive one at walmart for \$20. You don't need the ultra expensive brands that have more gadgets than a swiss army knife.

5. Stock Pot with Steamer Inserts

This sounds like something that would be crazy expensive, but I've seen them at Ross and Marshalls for \$20-\$30. They are so worth it. I use the deep insert to steam cakes inside of a Corningware ceramic round dish, as well as using it to steam my Weight Watchers friendly Tamales (in the 'featured recipes' on my website). I use the shallower steamer insert to steam 2 ingredient dough for Asian steamed buns, banh mi bites and stuffed tamaleball appetizers.

There are crazy ridiculous big brand ones, but honestly, you can find a \$40 one on Amazon that will last you forever.

You may be fighting the thought of that purchase, but once you make the tamales and steamed cake, you won't regret it.

Swaps, Hacks, & Tips

Ideas for Swapping Ingredients in Recipes

Retrain Your Brain

If you think about it, the primary purpose of the Recipe Builder in the Weight Watchers App is to make us WANT to cook our food with less fat, calories, sugars and carbs. Every time you lower the point value of a recipe with ingredient swaps, you have cut 1 or all those 4 things.

Lowering the Points for Butter



Molly McButter Fat Free Sprinkles

This stuff is amazing. It's a fine powder that dissolves perfectly in liquids and gives the flavor and color of butter. You can use up to 1 tablespoon for 0 points. It's a go-to staple in my kitchen for sauces.

I Can't Believe It's Not Butter- Light

Don't get one of the other types of I Can't Believe It's Not Butter spreads. Make sure

you get the one that says "Light" and scan it to make sure. It is a butter flavored spread that can be used perfectly in place of butter, but at a fraction of the points. A ¼ cup is only 6 points, while ¼ cup of real butter is 23 or 24, depending on brand. Perfect for when you MUST use butter, but need to reduce the points, calories, and fat.

ULTRA Low Point Pie Crusts



Kellogg's All-Bran or Fiber One

Traditionally, for a pie crust you'd use crushed up graham crackers. But the amount of graham crackers and butter for that is around 36-46 points. If you put All-Bran or Fiber One cereal in a food processor with a little bit of FF Yogurt and some 0 point sugar replacement and sugar free maple syrup, along with some I Can't Believe It's Not Butter Light, you can make an entire pie crust for only 7-10 points.

Yogurt For Oil In Cake Mixes



Fat Free Plain Greek Yogurt

Yogurt is a good substitute for mayo and sour cream in most recipes, though it can easily curdle when introduced into sauces or hot liquids. Let the liquids or dishes cool a bit before you bring the yogurts up to temperature and mix them in. Adding cornstarch helps with the curdling issues. You can also use Greek to make salad dressings instead of mayo.

Fat Free Plain Yogurt I personally prefer to use Plain Yogurt as a substitute for sour cream, rather than Greek Yogurt, as it is thinner and more closely resembles the viscosity of oil.



The Fat Free "cheese hack" lets you have melty cheese for an entire pan of Lasagna for only 4-5 total points



Crushed Bran Cereal Pie Crust



Low Point & Carb Breading



13 points of Fresh Pasta

13 points of Store-Bought

0 Point Sugar Free Jelly/Spread



But... It's So High In Points??

NOPE!!! Want about 2/3 cup of fruit spread for 0 points? Sugar Free smucker's jelly used to let you have 1 Tbsp for 0 points, but now the new system has taken it down to only letting you have 2 tsp for 0. So, let's make our own, in under 10 minutes. Simply heat up 1 cup of berries in a pot, with 1/4 cup water

and 3 Tbsp 0 point sugar replacement. Once it breaks down, stir in 1-1/2 tsp cornstarch that's dissolved with 2 tsp water. Stir and let it boil for 3-4 minutes, till thickened. Done.

Sugar Free Syrup Instead of Honey



How To Swap Out Bee Puke.

As delicious and complex a flavor as honey is, it is also very high in points and sugars. My favorite sub. for honey, is cheap and easy to find... **Sugar Free Pancake Syrup.** The flavor profile is different, but it is sweet, thick and a lot lower in points. Unfortunately, under the 2023 plan, it's higher in points than before.

You USED to be able to have a least 2-1/2 Tbsp of it for 0 points. Now, the generic listing only lets you have 1-7/8 Tbsp for 0. There are still a few brands that let you have more, but they are harder to come across for most folks. Regardless, using Sugar Free syrup is a great way to keep a sweet flavor in a sauce or dish, while cutting hundreds or even thousands of calories from the recipe.

Low Point Breading for Meats & Veggies



Non Traditional Breading Ideas

Store bought breadcrumbs pack a pretty high point punch. Want lower point bread crumbs? Try Mashed potato flakes, or crushed rice krispies, whole wheat cheerios, or corn flakes. There's also the obvious fix... buy low point bread, like Sara Lee 45 calorie, or 'Keto' 1 point slices, then make crumbs.

Melting Fat Free Cheese Hack



Fat Free Mozzarella & Cheddar

Using this hack you can "cheese" an entire pan of Lasagna with 3 cups of fat free mozzarella, with an extra 1 cup of Greek (4 total cups) for 4 points. The biggest problem with FF cheese is it doesn't melt. That's solved if you mix it with a bit of FF plain (or Greek) yogurt. Sounds wrong, but it's amazing. Mix any

amount of Kraft (or other brand) Fat Free shredded cheese with about 3/4 as much FF plain yogurt and mix until it forms a cheesy goopy mixture. Use it on Chicken Parmesan, Lasagnas or stuffed in a chicken breast. It works like a charm.

Fresh Pasta to the Rescue



Don't Give Up Your Pasta!!!!

For most people who are on a 'diet', pasta is your sad emoji. Yes, there's store bought pasta that's crazy-high in carbs, calories and points... then there's homemade low point pasta! Rejoice! Using the recipe on pages 40-43, I'll show you how real, fresh pasta is lower in carbs, points and is easier to portion than

store bought pasta. Not to mention it tastes 10,000 times better than that dried stuff you buy for \$1.

99% Fat Free Bratwurst, Chorizo, & More



with Seasoned Ground Turkey

Don't get me wrong, I like beef... but ground beef is expensive, is high in points and sits in my gut like a brick. I've spent a LOT of time developing ground meat seasonings (pg's 26-31), that allow you to have low point, calorie and fat, chorizo, italian sausage, bratwurst and more. It's an incredibly tasty way to cut

calories from your meals, without really losing much in the way of that dish's traditional flavor. Give the recipes a try, you won't regret it.

Quickly "Ripen" Yellow Bananas



Sweeten up those baked goods

Ever tried to make a banana bread or another baked item that calls for "very ripe" bananas, but all that you have are the firm yellow ones without a fleck of black on them? Here's a quick fix. Throw the firm bananas (in their skin) onto a pie pan, and bake them at 325 degrees for 15-20 minutes, then let it cool.

Pudding without Milk or Yogurt



Thickening without Dairy or Fat

It's one of the annoying things about pudding, it just won't thicken if you use water, soy milk, almond milk or whatever. Well, that's not the case. If you use HALF as much of a non fatty fluid as the directions call for milk, it works. If you want it to have the consistency of regular pudding, use 1 cup of COLD liquid in

place of the 2 cups milk. If you are wanting it thick enough to where it can keep its shape for a frosting, use 2/3 cup. So, use (1) 1oz packet of instant pudding and 1 cup cold water for pudding or 3/4 to 2/3 cup for frosting.



Celery Root is actually a good substitute for french fries

Research Tirelessly

Other than telling you to dig into the Recipe Builder, this is the best advice I can give you on this food journey. When it comes to ideas for food substitutions, the Internet is your friend. Most of the things that I've thought to try came from late night Google searches, trying to figure out how I could substitute or make lower versions of things.

THINK OUTSIDE THE BOX!! I didn't reinvent the wheel with this stuff, I just pulled it from somewhere else and Weight Watcher-ized it. A prime example is the Low Point Pie Crust. I found the idea for that on a Diabetic cooking site because they have to drastically reduce their sugar intake. When I wanted to find 0sp potato alternatives for French fries, I figured that I should look on "low carb" cooking forums and sites. The goal of this system is to retrain us to make healthier food choices, and the goal of the recipe builder is to subtly push us towards making our foods as healthy (and lower in points) as possible.

Challenge yourself to think. Find or try new ways to substitute ingredients. Then you'll be able to have pretty much anything, guilt free, with a little bit of time in the kitchen.

Potato Substitutes (depending on your 'plan')



0 Point Potato Alternatives

There are some of you folks that are going to cling to your potatoes being 0 points still... It's ok, you do you. But, for everyone else, I thought it'd point out a few root-ish veggies that, if used in the right way, can be viable substitutes for potatoes in different dishes. Some have similar flavors and textures, while others range from having an herby or a slightly sweet taste. All you can do is experiment and find what works best for you. My personal favorite is 'celery root'.

Rutabaga, Radish & Parsnips

Rutabaga is a root vegetable that falls into the same family as broccoli, brussel sprouts and kale. Once it's washed and peeled, a rutabaga's orange flesh is similar in texture and flavor to a turnip. As for Radish, you normally only see them as a raw garnish. In their raw form, they are bitter and spicy. However, when you cook them, they mellow out and take on a more potato-like texture. Parsnips are FANTASTIC. They taste like a cross between a carrot and a potato. However,... parsnips aren't 0 on all plans.

Celery Root (listed as "celeriac" in the App)

Celeriac has a mild celery flavor and is often used as a flavoring in soups and stews. It can also be used on its own, usually mashed, or used in casseroles, au gratins and baked dishes. It has a naturally savory flavor.

Jicama

Jicama resembles a large light-brown colored turnip. The white, creamy interior has a very crisp texture somewhat similar to a firm apple or raw potato. Cooking jicama or serving it raw are equally tasty ways to prepare this lightly sweet root

Pureed/Mashed Fruit & Veggies in Cake



More alternatives to oil in baking

As well as using fat free plain yogurt like we mentioned earlier, no sugar added and pureed fruits and vegetables are perfect 1:1 swaps in baking for most, if not all, of the recommended liquid ingredients listed on boxed cake mixes. Make sure to scan labels first though, as some brands DO add sugar.

DIY Self Rising Flour



Perfect for Gluten Free folks

Members with Gluten sensitivities have a rough time with a lot of recipes, especially the 2 ingredient dough that we all know and love. Simply add 1-1/2 teaspoons of baking powder and 1/4 teaspoon of salt to every 1 cup of WHATEVER flour you would like to use. Whether it's gluten free, whole wheat, cornmeal or any type of flour you want.

Also, I HIGHLY RECOMMEND 'Bob's Red Mill' 1 to 1 Baking Flour blend.

Replacing Heavy Cream



Thickening soups, sauces, gravies

One of the most annoying things about "normal" recipes is how much heavy cream goes into EVERYTHING. I don't use cream or half and half in ANY of my recipes. How do I thicken soups and sauces? I use cornstarch, heated with almond, nonfat, or low carb milk. You can also try, powdered milk, silken tofu, potato

flakes, xanthum gum, tempered Greek yogurt... heck, you can even use canned pumpkin puree or blended white beans to act as a thickener agent.

Fat Free & Reduced Fat Cheeses



The Hard To Find Ingredient

It's obvious that you should swap full fat cheese for reduced fat cheese, however, there's another variety that you can try, if you can find it. Fat Free cheese. You can have up to 3 cups of fat free Kraft mozzarella cheese for only 4 points, while 3 cups of regular mozzarella cheese is 41 points!

Unfortunately, fat free cheeses are

pretty hard to find in most areas. I sometimes find it at Walmart.

Flavored Popcorn Seasonings



They Ain't Just For Popcorn!!

Want a wide range of low calorie, low point, non traditional flavor seasonings that pack a TON of punch? Go to the popcorn aisle at the store and take a look at all the flavors of popcorn sprinkles. Scan them to see the points, but you can use them to flavor desserts, sauces, appetizers... there is a TON of different flavors and

brands. My cheese sauce, later in the book, calls for Molly Mcbutter brand cheese powder. You can use one of these though. Every store has them.

Fat Free "Cream Cheese" & "Ricotta"



Seriously Simple Substitutions

By using cheese cloth, or paper coffee strainers, to strain Greek yogurt overnight, it takes on the texture of softened cream cheese. On the new plan, as long as you don't select 'Diabetic', it's 0 points for you. I often use it in my spreads, dressings, dips even in my frostings for cakes and cupcakes. To make a substitute for

Ricotta Cheese, blend fat free cottage cheese in a food processor, then follow the same process, straining it overnight.

Flavored Cooking Sprays Instead of Oil



Obvious, but deserves a shout-out

I personally use a TON of butter flavored cooking spray. When seasoning raw meats, I hit both sides with butter flavored or olive oil flavored cooking spray to help flavor the meat. You can also use the butter spray on popcorn. Use the olive oil spray to lightly hit the top of

homemade low point hummus or other dishes instead of drizzling olive oil on them. There are tons of ways to use flavored sprays as a seasoning.

Powdered Peanut Butter



Dehydrated and nearly Fat Free PB

Powdered peanut butter, regardless of the brand, is freaking awesome. You can mix it with water to rehydrate it for use as regular peanut butter or you can add the powder to recipes and baked goods to give a PB flavor without all the added mass, points, or stickiness. It's great in everything from smoothies

to satay sauces, baking mixes or mixed with pudding or yogurt. The best part being that it's a fraction of the points of regular peanut butter. Allergic to peanuts? There's powdered Almond butter.

Dairy Free Yogurt Hack



Go Go Gadget, TOFU!

When I first started posting recipes for Greek yogurt based salad dressings, then began using strained Greek yogurt instead of Fat Free cream cheese in my frostings... people started asking about something I'd never thought of before. What to use instead of Greek, when you're allergic to dairy?

Greek yogurt is such a huge building block of so many things in system. 2 Ingredient dough, breakfast parfaits, using it in place of sour cream... heck, I even use it to replace Lard in my Tamales. It made me start looking around for an easy alternative. I found one, it works, but it's a bit unconventional. Tofu. Yup... that's right. It's readily available at grocery stores, inexpensive, and doesn't have a strong flavor (unlike Greek). It comes in different levels of firmness. Firm, which you can dent a Buick with. Semi or Medium Firm, which is like a cooled block of cream cheese, then Silken (or soft), which is almost like Plain yogurt.

I blend a 16 ounce block of semi firm tofu with 1/2 cup water, to make a viable replacement for Greek yogurt. It works for 2 ingredient dough and salad dressings. It does "tighten" up a bit in the fridge though, so add more water if necessary. If you want that tang that Greek has, add a splash of lemon juice. After you blend it, you can also strain it again, like my Fat Free "cream cheese", to use it in frostings. Does it taste the same as Greek? No, but it's a great alternative, if you have allergies. It works.

Coating Meat with Flour for 0 Points



ULTIMATE HACK!

This one is a Godsend for if you're planning to 'bread' some meat for baking or frying. The typical way to coat raw meat with flour is to use a TON of it. However, you CAN coat a lot of meat with only 1-1/2 tsp of flour, which is 0 points. Spread all your meat out, then place 1-1/2 tsp of

flour into a fine wire mesh strainer/sieve. You know how on cooking shows, they fill them with powdered sugar and lightly tap them over desserts to 'dust' them? Well, you can do the same thing, but using flour. Gently tap the strainer while holding it over the meat, then flip it and dust the other side. You can thoroughly coat 4 thick chicken breasts for 0 points.

DIY Low Point Brown Sugar Substitute



A Little Molasses Goes a Long Way

First off... YES... I know that you can buy 0 point brown sugar substitutes. Popular ones are Lakanto brand "golden" monkfruit, Swerve, Sukrin Gold, even Truvia has a 0 calorie brown sugar replacement. However... some people don't have access to them, locally. Luckily there's an easy fix. Real brown sugar

is simply regular sugar mixed with a little molasses. Well, if you have molasses and any type of sweetener, you can sub it in recipes. 1/4 tsp of molasses is 0 points. If I'm making a dish that calls for 1/4 cup or less of brown sugar, I'll use that much sweetener, then add the 1/4 tsp molasses to the dish.

Substitutions For Food Allergies



Just a few to consider

I'm going to be mentioning a bunch of stuff in here, so let's quit with the bantering. Allergic to peanuts but need a little peanut butter in a recipe? Puree some garbanzo beans. The flavor's a little different, but it'll work. If you can have sesame seeds, add up to 1/4 tsp sesame oil to the puree.

Allergic to eggs? replace 1 egg in a baked good with 1/4 cup of pumpkin puree or mashed banana. Add a little baking powder if you want to help add a little lift. Bob's Red Mill makes certified Gluten Free All Purpose Flour that already has xanthum gum and other binders in it to help fortify the flour. If you are making a Greek Yogurt based creamy dressing and are allergic to dairy, blend tofu with water. If you want to make one of my cake recipes, that are based on Pillsbury Sugar Free cake mixes, but you're allergic to gluten or splenda, "Swerve" makes a gluten free, sugar free cake mix, that is sweetened with erythritol. Also, "Namaste" brand baking mixes has a ton of ALL allergen free mixes, though they are a little higher in points (not sugar free).

Low Point Pasta Options



Pasta, Pasta!

Want a big bowl of pasta but the thought of the points involved makes your cringe? Well, luckily there's a few ways around that. First, I'll bring up the obvious, make it yourself. On pages 40-43 of this book, I have detailed instructions showing you how to make your own low point fresh pasta.

If you're more of a visual learner, I have videos showing how to do it, so you can watch me go through the process. If you go head to Youtube, do a search for the following vids:

- *The Guilt Free Gourmet, How to make fresh pasta*
- *The Guilt Free Gourmet, Fresh pasta with a food processor*
- *The Guilt Free Gourmet, Fresh pasta without a pasta machine*

Lastly, if you go into [Connect](#), in the app, watch my 2 videos at: [#DHallakLowPointLasagna](#). If you watch both videos, I show you how to make a 4 layer, 13x9 lasagna, using only 9 points of pasta.

Aside from that, we still have a couple of options. One is shiratake noodles, commonly called 'magic pasta'. You can find them in the grocery store, next to the tofu, in the refrigerated aisle. Know that they DO NOT HAVE the same texture as traditional noodles. Do not use them for spaghetti or Italian dishes. They work best if used for Asian dishes, due to their slightly firm, springy texture. If you give them a try, you HAVE TO thoroughly rinse them off first, then boil them for a few minutes. The water solution they come packed in has a similar smell to imitation crab. Hence, whey it's so important to rinse, rinse, and rinse them off first.

For lower point store bought pasta, you can also find lower carb pastas, like 'Caba-nada', in a lot of major grocery stores. They are lower carb egg-noodles. Though you can find similar brands that offer lower carb linguinie, fettucini, etc.

Stretch The Servings with Low Point Fillers



Recipe Building 101

Your recipe has a certain amount of points in it. If that recipe makes 2 servings, it'll be twice the points if it made 4 servings. By bulking up a dish with 0 or low point vegetables or proteins (depending on your plan), you can drastically increase the servings and decrease the points. Pictured to the left, is my awesome

pasta salad recipe. I use my Ricotta Gnocchi recipe for the pasta, use sliced, grilled chicken breast for the meat, have it loaded with a TON of roasted 0 point vegetables and wilted spinach, then I have it dressed with some of my low point roasted garlic and onion salad dressing. The points from the ricotta gnocchi get stretched out with a BUNCH more servings, by adding the vegetables and chicken. It stretches the 10 points of ricotta gnocchi and 2 points of my dressing to make enough pasta salad for (6) 1 cup servings. So that gives us an entire cup of freakin' GOURMET gnocchi pasta salad, loaded with grilled vegetables, chicken, wilted spinach and creamy dressing... for just 2 points per serving... on the old-school Blue plan.

Low-ish Point and Calorie Milk & Cream Alternatives

Because of calories and points, I don't really use regular milk or cream in ANYTHING. I pretty much use almond milk, soy milk, or CARBMaster brand (from Kroger stores) lactose free milk in everything. They are all extremely low in points and calories, but equally as important, they are all THICKER THAN REGULAR MILK, which makes them ideal for helping to thicken pudding and sauces.

My coconut cupcakes and cake, call for "coconut flavored beverage", rather than canned, Light coconut milk. I use Silk or So Delicious brands, because they are 2 points for an entire cup of thick and light coconut milk. If your local store doesn't have them (they can be found by the almond milk), you can most likely find an almond/coconut milk blend that you can use in its place. If you are allergic to nuts and can't use almond milk in one of my recipes that calls for it, use ANY low point and calorie milk you can find.

Stevia, Truvia, Monkfruit & Erythritol-Based Sweeteners

Whether people agree with me or not about using them... I have absolutely no problem whatsoever with using Sweeteners. "They aren't natural!" There are plenty of natural sweeteners that are NOT white sugar. My personal favorite is erythritol based 1 to 1 granulated sugar replacements, such as 'Swerve Granular' and the Lakanto brands.

IMPORTANT NOTE: As of today (11/03/23), the points for certain brands of erythritol based granulated sweeteners has drastically changed. For YEARS they have been 0 points, because they're all 0 calories and non-glycemic (such as Lakanto Classic). However, in typical point-changing nonsense, Lakanto classic now has points. It's still 0 calories and the carbs aren't absorbed as sugar (according to the packaging). Swerve brands, which are the exact same, are still listed as 0 points. Use what you want and track accordingly. For the purposes of these recipes, my points are calculated with a 0 point sugar replacement.

My primary reason for using them is calories. In general, I am always determined to use anything I can to cut calories from my recipes, without cutting flavor or portion sizes. Though I mention Erythritol sweeteners, feel free to use any type of 1-to-1 sugar replacement you want.

LOW POINT, REAL FLOUR!!!!

This is such a huge thing for me that I'm completely deleting what used to be in this area for the past 4 years... just so that I could add this in.

- IMPORTANT COMPARISON:

- 1 cup of regular All Purpose Flour is 13 points
- 1 cup of Self Rising Flour is 13 points
- 1 cup of Semolina Flour is 16 points (typically)

- KING ARTHUR'S '00' PIZZA FLOUR:

- 1 Cup.... IS ONLY 8 POINTS!!!!

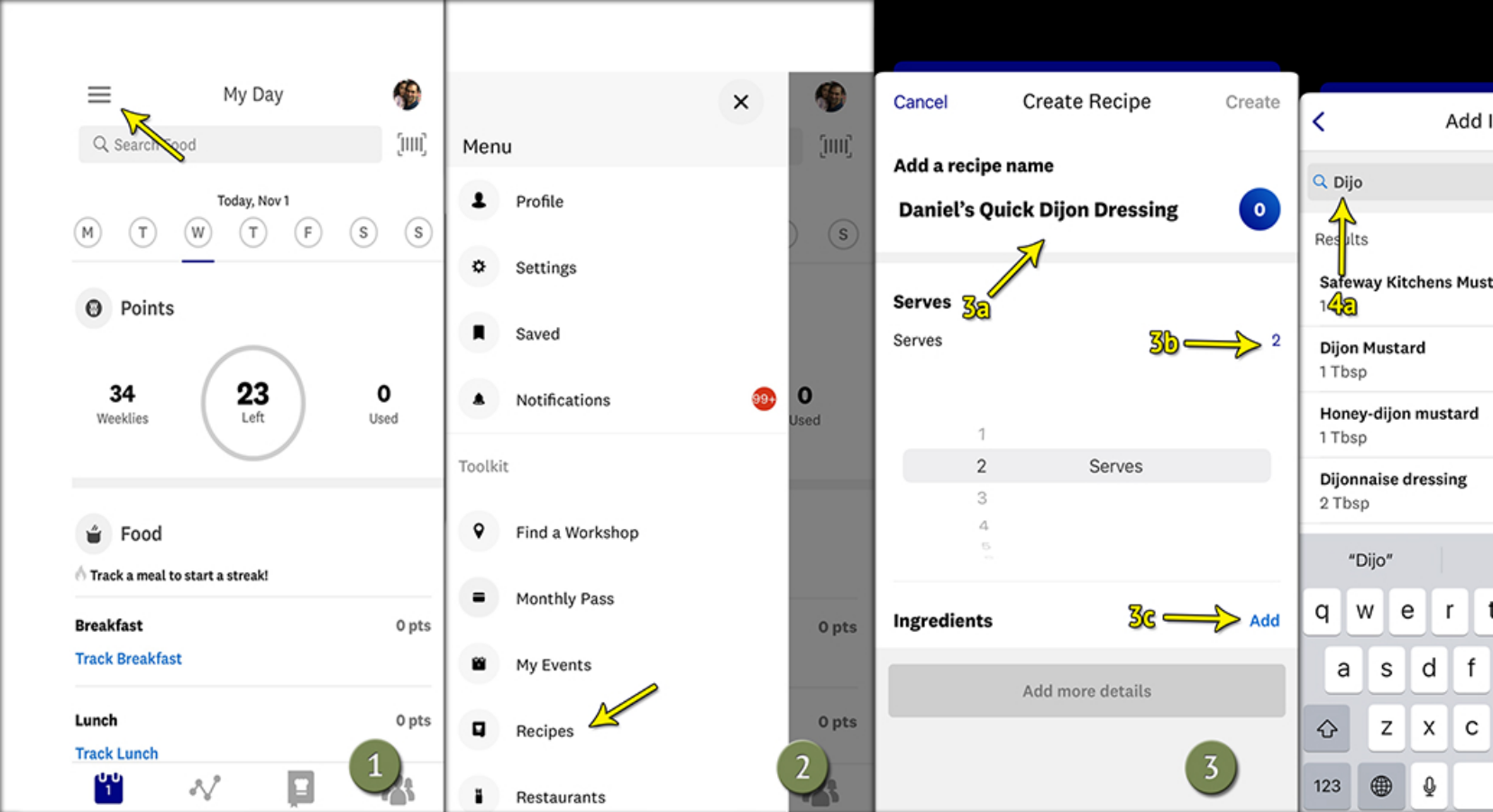
I have recently discovered and started using this flour about 2 weeks ago. In that time I have used it as a substitute for all purpose flour, to make my pizza dough, 2 ingredient dough, AS WELL AS MY FRESH PASTA DOUGH!!!! This allowed me to make fresh pasta for only 2 points per serving!!! Then, I also made an entire 14" pizza crust for only 8 points. Along with this brand, there are some other brands with the same points, however, not all '00' pizza flours are the same. Quiet a few are the same points as AP flour. So, scan your bag.

Tenderizing Meat With Baking Soda

This is the one that I get asked about, more than anything else. "Why in the heck do you put baking soda on your chicken, Daniel!?!?" Well, because of science!!

Baking Soda actually DOES tenderize meat a whoooooole heck of a lot more than you'd think. I'm not talking about dusting meat with a pound of baking soda... that'd taste horrible. However, by making a solution of a little baking soda with a little water, then rubbing it all over your meat and letting it sit for 20-30 minutes, the baking soda actually begins to BREAK DOWN the outer protein walls of your meat. This results in EXTREMELY tender beef, chicken and pork. For 1 to 2 lbs of meat, I dissolve 1/4 tsp baking soda with 2 tsp water. Stir the 2 together, then rub over the meat and let it rest. Trust me.





“Teach a woman to fish and you feed her for a day, teach her to use the recipe builder and you’ve given her cheesecake. She’d rather have the cheesecake., trust me.”
- *The Book of Freestyle 11:11*

One of the first rewards I set for myself, was if and when I’d lose my first 20lbs, that I could have my mom’s old chicken divan casserole. Only one problem, I didn’t have the recipe. So I went onto the food network’s website and found the recipe from a very famous Southern Chef that loves her some butter, ya’ll. I decided that I would use that for my Chicken Divan.

I opened up the App’s Recipe Builder, entered in the recipe exactly as is, and couldn’t believe that 1 single serving was 18 points. NO WAY was I going to eat that. I set about trying to make a healthier version and it completely changed everything. I was able to get that casserole down to 2 points per serving from her 18. It was my “Road to Damascus” moment with Weight Watchers.

I am going to do my absolute best in this section to help walk you through a step by step tutorial of how to do what I do with recipes I want to make WW Friendly. I’m going to talk you through how to enter that same chicken divan recipe that I found online, so that we can modify it together and you can learn to create, tweak and save your own recipes..

Although I’m going to be making this recipe in ‘my’ personal plan... which is a near-identical replica of the old “Blue Plan”, you can easily modify and tweak it, so that it would best work as your own specific ‘personal plan’.

MASTERING

Recipe Builder 101

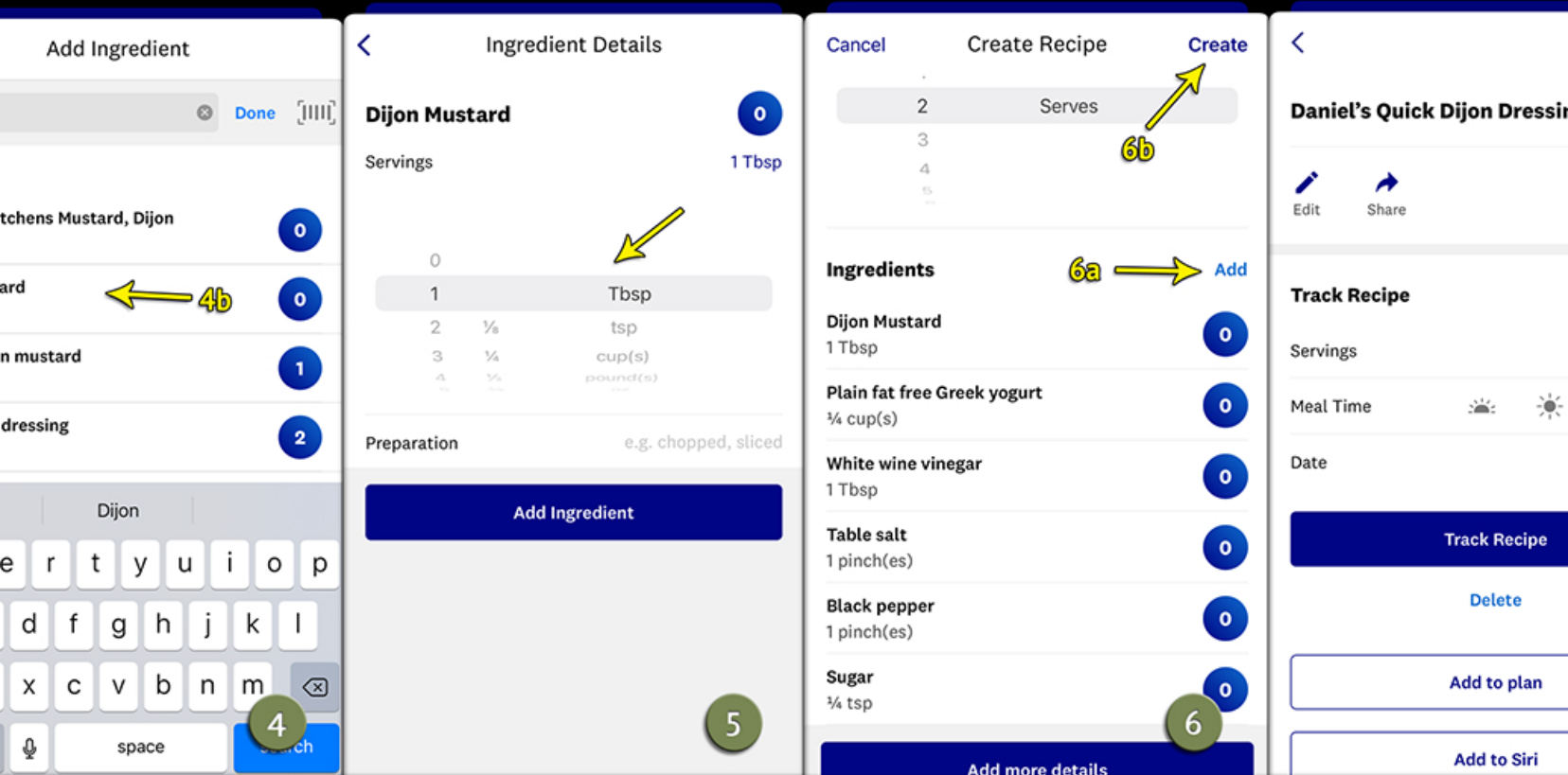
I’m going to do my best to help you navigate the Recipe Builder. For the the newer folks to the program, I’m typing this out as if you have NEVER opened up the Recipe Builder in the app before.

NOTE: *The process for adding recipes is very similar from your desktop computer on the WW website. On your computer click the “create” button to the right of the search bar on your desktop.*

STEP 1: When you open the app on your mobile device, you’ll be at your ‘Front’ page. Click the 3 horizontal bars at the top left.

STEP 2: It will open a drop down menu with multiple options. Click “Recipes”, which will take you to a screen with all the default app recipes. To create your own recipe, click the blue “CREATE” link at the top right corner of that screen.

STEP 3: Enter a name for the recipe (3a), select how many servings it will be (3b), then click to ‘Add’ your first ingredient.



THE RECIPE BUILDER

STEP 4: Alright, now's where the fun begins. (4a) This is where you enter in the name to search for ingredients. In this case, I wanted to add Dijon Mustard. As soon as I started typing Dijon, the builder started pulling up possible ingredients underneath. So, I selected 'Dijon Mustard'. (4b) Now, in a lot of cases, the ingredient you might be searching for won't pop up at the top, you'll actually have to scroll down through a list, until you find it. Example: If you search for 'Garlic', actual raw garlic isn't at the top. You'll see listings for garlic chicken, garlic mayonnaise, etc, etc. You'll actually have to scroll down a ways to find a generic listing for 'Garlic'.

STEP 5: Now that I've selected Dijon Mustard, I now have to select how MUCH I want to have in the recipe. For each ingredient you add, you'll be able to select different measurements (tablespoons, teaspoons, cups, ounces, etc). Select the appropriate measurement, then scroll up and down to input the quantity you are using. Example: 1-1/4 tsp, 3 Tbsp, etc. THIS is where you can really tweak the points in your recipes. Play around with it, scroll up and down with different ingredients. Most will gain or lose points at certain amounts. For instance... you can have 1 Tbsp of dijon mustard for 0 points, BUT... once you go over 1 Tbsp it started gaining points. Do you REALLY need 2-1/2 tsp of paprika in a recipe? Or will 2 tsp work just as well... and save you a point? When you're finished choosing your measurement, click 'Add Ingredient'.

STEP 6: Now, repeat the process of adding different ingredients and their measurements (6a), until your recipe is done. When you're finished, click "Create" up at the top right (6b).

WOOOT!!! You just created your first recipe!!!

Recipe Exercise #1: (Full Fat Chicken Divan)

Create a new recipe and name it "AA- TEST RECIPE" so that it's easy to find and delete later. List it as having 8 servings and input the following ingredients and measurements. Do not choose "light sour cream" "reduced fat mayo" etc, use the full fat regular versions of everything. This exercise is to prove a point.

- 20oz Broccoli, cooked
- 6 cups shredded chicken, cooked
- 2 cans of condensed cream of mushroom soup
- 1 cup mayonnaise
- 1 cup sour cream
- 1 cup shredded cheddar cheese
- 1 tablespoon lemon juice
- 1 teaspoon curry powder
- 1/2 cup white wine
- 3/4 cup grated Parmesan
- 1/2 cup plain breadcrumbs
- 3 tablespoons butter

Recipe Builder

Recipe Builder Tutorial - continued

Let the Swapping Begin

For purposes of this tutorial, to make it as simple as possible, I am not going to be using things like the fat free cheese hack. We are going to use regular reduced fat cheese and other items that you can easily purchase from the store. So... let's dig in.

Pictured to the right is the in-app point values for the original full-fat Southern recipe. Your mission, should you choose to accept it, is to swap out and substitute these high point/fat/calorie ingredients, for lower point items that would work just as well.

STEP 1: First thing first. I decided that for me personally that I wanted the chicken, cheese and broccoli casserole to be extra cheesy. To further that goal and also to drop the points, I replaced the 2 cans of condensed cream of mushroom soup, with 1 can of "healthy request" condensed cheddar cheese soup. Why the can marked "healthy request?" It has 2 less points than the regular campbell's soup. That saved 9 points. Next, was the big fat-bomb, 1 cup of mayonnaise and 1 cup of sour cream. I replaced them with 2 cup of greek yogurt and 1/2 cup water. I made up for the lost 1/2 cup of bulk, by adding some onion. So, another bucket full of points gone. But... how are we going to thicken it without all the full fat mayo? Cornstarch..... Boom!

STEP 2: Let's get cheesy!!!!

The regular recipe calls for 1 cup of regular shredded cheddar cheese, and 3/4 cups of grated Parmesan cheese. We are going to get rid of that 32 points of combined full fat cheese. I want it cheesier, and meltier, so I replaced the grated parmesan with low fat mozzarella, which saved 4 points. Then swapped the full fat cheddar for reduced fat, saving another 6 points. The creaminess of the mozzarella, vs the original parmesan, will also help offset the lack of regular fatty creaminess from the mayo and sour cream. You can see how all of these subs are quickly making this casserole MUCH healthier, MUCH lower in points and MUCH lower in total fat and calories. But wait, we're not done yet, mis amigos!

STEP 3: Now we're coming into the home stretch, we're at the liquids. So we'll need water for the condensed soup, that's the water we mentioned earlier. Next is the lemon juice, which isn't a problem, then the white wine. Now, we just want the flavor of white wine in the dish. It can be subtle, it doesn't need to kick us in the face. So do you want a slight flavor?.. Try adding just 1 tablespoon of it in with water, want a little more? Add some white wine vinegar. The recipe asks for a 1/2 cup of white wine... we just cut another 3 points.

AA - Test Recipe	19	AA - Test Recipe (Revised)	4
Serves		Serves	
Serves	8	Serves	8
Ingredients	Add	Ingredients	Add
Cooked broccoli	0	Campbell's Condensed Healthy Request Cheddar cheese soup	7
20 oz		11 fl oz	
Cooked skinless boneless chicken breast(s)	0	Plain fat free Greek yogurt	0
6 cup(s) (chopped), chopped		2 cup(s)	
Canned condensed cream of mushroom soup	16	Cornstarch	1
2 can(s)		1 1/2 Tbsp	
Mayonnaise	55	Part-skim mozzarella cheese	8
1 cup(s)		3/4 cup(s) (shredded), shredded	
Sour cream	23	Reduced-fat cheddar cheese	13
1 cup(s)		1 cup(s) (shredded), shredded	
Shredded cheddar cheese	20	Reduced-fat cheddar cheese	13
1 cup(s)		1 cup(s) (shredded), shredded	
Fresh lemon juice	0	White wine	0
1 Tbsp		1 Tbsp	
Curry powder	0	White wine vinegar	0
1 tsp		1 Tbsp	
White wine	3	Knorr Bouillon, Chicken Flavor	0
1/2 cup(s)		2 tsp	
Grated Parmesan cheese	12	Paprika	0
3/4 cup(s)		1 1/4 tsp	
Dried plain breadcrumbs	6	Curry powder	0
1/2 cup(s)		1 tsp	
Regular butter	18	Kellogg's Rice Krispies cereal	4
3 Tbsp		1 cup(s), Crushed, in place of breadcrumbs	
		Cooked broccoli	0
		20 oz	
		Cooked onion(s)	0
		1 1/2 cup(s)	

Original Recipe

Revised Low Point Recipe

STEP 4: Now, because we have all of this liquid, we don't want our casserole to be runny, but we don't want to thicken it with a buttload of mayo, so what do we do? Cornstarch.... boom. Dissolve it with a tiny bit of water, then stir it in with the canned cheese soup, white wine and other liquids.

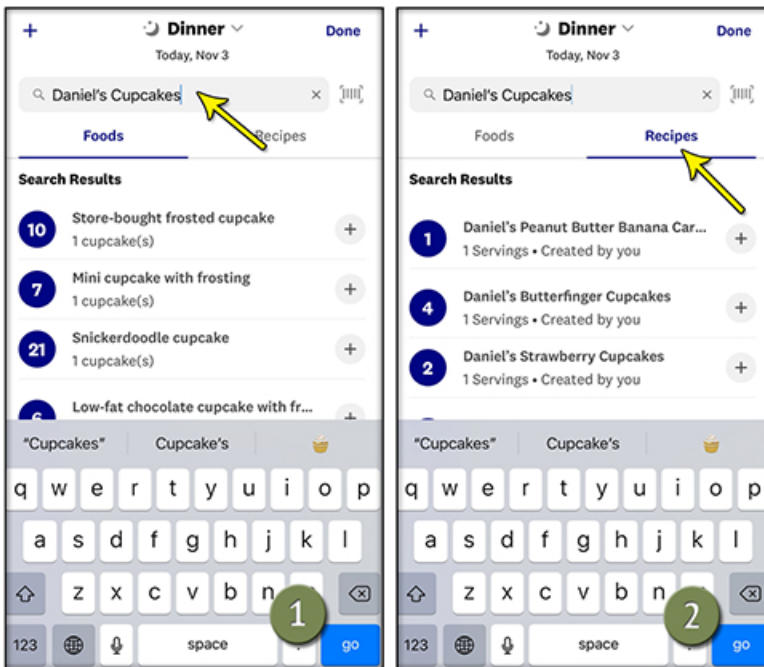
We're also going to be eliminating the butter, that's only used to mix with a ton of breadcrumbs, to sprinkle on top of the casserole. Instead, I'm going to crush up 1 cup of rice krispies and use those as the crumbs, it's lower points. Then, we'll put those in a bowl, spray them down with a 0 point amount of butter flavored cooking spray, toss it together, then use that as the topping.... End scene. *applause from the audience*

You just used that coconut on top of your head, to do some creative ingredient swaps, letting you drop Paula Dean's Casserole o' Fat, down 15 points per serving.

Where Are Your Saved Recipes?

Aye Carumba! Donde Estas Mis Recipes, Gringo?!?!?!?

So you've gone through ALL the hard work of typing out and saving a Gajillion recipes into your own personal App's database. Good for you! But then, the unthinkable happens and you can't find them. Don't worry, with this newest version of the app, the interface is much less user friendly, but that's why I'm here. Here are 2 methods for finding your precious saved recipes. One way is for a general search from the main screen, the second is how to find ALL of your recipes.



Method 1: General Search

This method is for if you're on your app's opening **MY DAY** page and you want to find your recipe in the search bar at the top.

STEP 1:

- You've typed the name of the food you want to find, in this case, I want to find one of my cupcake recipes, so I type "Daniel's cupcakes". Oh No! they don't show up in the search! Don't stress... move to step 2.

STEP 2:

- This is a really really reeeeeeeally hard step. See the word "recipes"? Well... click it. It won't show ALL of my saved cupcake recipes, but it'll show the ones I've looked up the most.

Method 2: Finding ALL Of Your Recipe

If the recipe you are searching for doesn't appear in the first method, move onto this one. This is how you find every single food item or recipe you have ever created and saved. Now... the very first thing you'll need to do is on your "MY DAY" screen, click the 3 horizontal bars for the drop down menu, just like I show you how to do a few pages back, on page 18. From there:

STEP 1:

- When the drop down menu opens, showing all of the options, scroll down and click "MY FOOD".

STEP 2:

- The next screen will open, which will have a search bar on top, with the words "Foods, Recipes, Meals" under it. It will automatically load to the "foods" tab, showing any individual food items you have created.
- To find your created/saved recipes, click 'Recipes'. Then you'll be able to scroll down or search through every single recipe you have ever saved into your builder. If there are any random recipes you want to delete, simply swipe left to get rid of them. It's like Tinder.... but without the naughtiness.

