



Emma & Jedidiah Hallak - Plymouth, New England 1622

Closing Thoughts

I Give Thanks For Connect & Weight Watchers

Well, hidey-ho there, neighbors. Thanks for letting me be a part of your Holidays, through this book and these recipes. I hope that you find something in here that'll make the upcoming family gatherings a little easier. I remember when I started Weight Watchers, it was on December 1st, 2017 and I was sooooo worried about what I was going to cook and eat at Christmas.

Unfortunately, I had to gut through it like everyone else, because I hadn't exploded with all these ridiculous cooking ideas yet... but, boooooo oh boy were the Holidays easier the next year. That first year, I came up with my stuffing, sweet potato, green bean casserole, corn bread muffins, gravy... and a mildly unsuccessful attempt at mashed/pureed cauliflower. Hey, I'm man enough to admit that baby was a dud. But on the bright side, now we have real mashed potatoes!! Huzzah!!!!.

I remember what it's like, heck... I still get it from my family. The comments about "Daniel's Diet Food" or when I ask if I can bring something to a family gathering, just like a lot of you... I usually get "Nah, we're good." 🙄 When you follow Weight Watchers, it's REALLY, really, really difficult to get your family on board with the notion that your food doesn't suck, or isn't as good as 'Regular' food. I read comments all the time in Connect from you folks, talking about how your husbands and sons aren't supportive of your new way of cooking... or how you're worrying that you'll just have to have a tiny little portion of full fat stuff, track it, then move on. Well... NO! Not anymore.


To my knowledge, this is one of the ONLY cookbooks written specifically for folks in Weight Watchers, solely to provide a huge collection of Looooow calorie, fat & point Holiday Recipes. This is my passion, this is a ministry to me. I love helping all of you learn to cook differently, by thinking of how to start tweaking your own recipes to be leaner and converting your family members to liking healthier dishes. That's what I do, and I love it.

I know this publication may be a bit underwhelming to folks who already have my 3 cookbooks. Most all of the information and recipes in this Survival Guide, are taken directly from books 1, 2 & 3. However, every single Fall, I am going to be releasing a new Updated version of this Holiday recipe book. I'll be adding new recipes.. New appetizers, new side dishes, new desserts... everything. In Fall of 2021, I'll be making a complete Holiday Cookbook, which will most likely be "Cookbook: Volume 5". Most of the content from this survival guide will be a part of it.

When you try your first dish from this guide, you'll see that all the crazy cooking is worth it. When your family compliments you and all the work you put into that dish, it will be an awesome feeling. If you ever prepare one of these dishes, please tag me in Connect, because I'd love to see it. Unless they hated it... then tag @chiafullo instead.

Take care, folks. Thank you for your support, thank you for your continued encouragement, and thank you for making me feel, yet again, like I'm getting to help people through a tough season of the year.

Now, Go Kick That Turkey In The GIBLETS'!

A detailed oil painting of a family gathered around a dining table. In the center, a man with glasses and a yellow cap, dressed as a maid in a blue patterned shirt and white apron, is serving a large roasted turkey on a silver platter. He has a surprised expression. Behind him, a man in a dark suit and tie smiles. The table is set with white plates, glasses of water, silverware, and various side dishes including a bowl of green beans, a small dish of red sauce, and a large bowl of fruit. Several family members, including a young boy and a woman, are looking at the turkey with interest. The background features a window with white curtains and a green floral wallpaper.

Oh no,
Grannifullo made her
Kale stuffing again.

I wish she'd
let dhallakx7 cook
for once.

Nutritional Values

All those crazy macro-thingies that you folks jabber-on about.

| FOUNDATION RECIPES | POINTS 1 serving (G-B-P) | SERVING SIZE | CALORIES | FAT (grams) | CARBS (grams) | SUGAR (grams) | PROTEIN (grams) | PAGE # |
|--------------------------|--------------------------------|---------------|----------|----------------|------------------|------------------|--------------------|--------|
| Asian Meat Mix | 1-0-0 | 2oz | 100 | 6 | 2 | 1 | 11 | 8 |
| Bratwurst | 1-0-0 | 2oz | 80 | 1 | 3 | 1 | 14 | 8 |
| Breakfast Sausage | 1-0-0 | 2oz | 70 | 1 | 3 | 2 | 14 | 9 |
| Chorizo | 1-0-0 | 2oz | 70 | 1 | 2 | 0 | 14 | 9 |
| Cuban Picadillo | 1-0-0 | 2oz | 100 | 3 | 4 | 1 | 13 | 10 |
| Italian Sausage | 1-0-0 | 2oz | 100 | 4 | 1 | 0 | 12 | 10 |
| Jamaican Jerk | 1-0-0 | 2oz | 70 | 1 | 2 | 1 | 14 | 11 |
| Lebanese Kafta | 1-0-0 | 2oz | 80 | 1 | 4 | 1 | 14 | 11 |
| Polish Kielbasa | 1-0-0 | 2oz | 60 | 1 | 1 | 0 | 13 | 12 |
| "Savory" Meat Mix | 1-0-0 | 2oz | 70 | 1 | 2 | 1 | 14 | 12 |
| Cream Cheese Substitute | 11-0-0 | full batch | 531 | 0 | 32.5 | 29 | 92 | 16 |
| Masa (1/2 batch *1 cup*) | 4-3-3 | 1 cup section | 473 | 0 | 96 | 8 | 23.5 | 28-19 |
| Pie Crust | 1-1-1 | 1/8 slice | 50 | 0 | 26 | 6 | 2 | 20 |

| CONDIMENTS DIPS & SPREADS | POINTS 1 serving (G-B-P) | SERVING SIZE | CALORIES | FAT (grams) | CARBS (grams) | SUGAR (grams) | PROTEIN (grams) | PAGE # |
|------------------------------|--------------------------------|---------------|----------|----------------|------------------|------------------|--------------------|--------|
| Artichoke Spinach Dip | 1-0-0 | 1/4 cup | 40 | 1 | 4 | 1 | 4 | 24 |
| Black Bean Dip/Puree | 4-0-0 | 1/4 cup | 90 | 0 | 15 | 1 | 5 | 25 |
| Bruschetta | 0-0-0 | 1/4 cup | 15 | 0 | 3 | 2 | 1 | 33 |
| Buffalo Sauce | 0-0-0 | 1/4 cup | 10 | 0.5 | 2 | 0 | 0 | 33 |
| Cheese Sauce Base | 0-0-0 | 2/3 cup batch | 100 | 15 | 15 | 3 | 9 | 33 |
| Chick-Fil-A Sauce | 1-0-0 | 1/4 cup | 60 | 1 | 9 | 6 | 2 | 33 |
| Cocktail Sauce | 0-0-0 | 1/4 cup | 40 | 3 | 6 | 3 | 1 | 26 |
| Cranberry Sauce | 0-0-0 | 1/4 cup | 30 | 0 | 23 | 5 | 0 | 27 |
| Dark Cherry Sauce | 0-0-0 | 2 Tbsp | 60 | 0 | 15 | 5 | 0 | 34 |
| French Onion Dip | 1-0-0 | 1/4 cup | 80 | 2 | 13 | 9 | 4 | 28 |
| Gravy (chicken or turkey) | 0-0-0 | 1/4 cup | 10 | 0 | 1 | 0 | 1 | 29 |
| Herbed 'Cream Cheese' Spread | 2-1-1 | 1/4 cup | 60 | 1.5 | 4 | 2 | 9 | 30 |
| Hummus | 1-1-1 | 1/4 cup | 70 | 2.5 | 9 | 2 | 3 | 31 |
| Mayonnaise Substitute | 0-0-0 | 1/4 cup | 40 | 1 | 5 | 4 | 2 | 34 |
| Red Onion Bacon Jam | 1-1-1 | 1/4 cup | 50 | 1.5 | 7 | 4 | 3 | 34 |
| Smoked Salmon | 1-0-0 | 1/4 cup | 70 | 2 | 8 | 6 | 6 | 32 |

| CONDIMENTS SALAD DRESSINGS | POINTS 1 serving (G-B-P) | SERVING SIZE | CALORIES | FAT (grams) | CARBS (grams) | SUGAR (grams) | PROTEIN (grams) | PAGE # |
|-------------------------------|--------------------------------|---------------|----------|----------------|------------------|------------------|--------------------|--------|
| Apple Vinaigrette | 1-1-1 | 1/4 cup | 35 | 0 | 8 | 7 | 0 | 26 |
| Blue Cheese | 2-1-1 | 1/4 cup | 60 | 2.5 | 6 | 4 | 4 | 26 |
| Carrot Ginger Dressing | 1-1-1 | 1/4 cup | 35 | 1.5 | 3 | 0 | 1 | 27 |
| Catalina | 1-0-0 | 1/4 cup | 25 | 1.5 | 9 | 1 | 0 | 27 |
| Caesar | 2-0-0 | 1/4 cup | 60 | 3.5 | 4 | 3 | 3 | 38 |
| Classic Coleslaw | 2-1-1 | 2/3 cup batch | 170 | 4 | 26 | 23 | 8 | 40 |
| Creamy Roasted Garlic & Onion | 1-0-0 | 1/4 cup | 45 | 1 | 6 | 4 | 2 | 39 |
| Creamy Italian Dressing | 1-0-0 | 1/4 cup | 45 | 2 | 5 | 1 | 2 | 40 |
| Dijon Vinaigrette | 2-1-1 | 1/4 cup | 60 | 1 | 5 | 4 | 3 | 40 |
| French | 0-0-0 | 1/4 cup | 15 | 0 | 10 | 1 | 1 | 39 |
| Ranch Dressing | 1-0-0 | 1/4 cup | 60 | 1 | 8 | 6 | 4 | 40 |
| Rice Wine Dressing | 0-0-0 | 1/4 cup | 45 | 1 | 8 | 5 | 2 | 41 |
| Sesame Ginger Dressing | 0-0-0 | 1/4 cup | 100 | 4 | 13 | 7 | 5 | 41 |
| Thousand Island Dressing | 1-0-0 | 1/4 cup | 45 | 0.5 | 7 | 5 | 3 | 41 |

| APPETIZERS | POINTS 1 serving (G-B-P) | SERVING SIZE | CALORIES | FAT (grams) | CARBS (grams) | SUGAR (grams) | PROTEIN (grams) | PAGE # |
|---------------------------|--------------------------------|---------------|----------|----------------|------------------|------------------|--------------------|--------|
| Chicken Croquettes | 1-1-1 | 1 croquette | 60 | 1 | 4 | 1 | 10 | 44-45 |
| Salmon or Crab Cakes | 2-1-1 | 1 cake | 130 | 3.5 | 9 | 3 | 15 | 46-47 |
| Shrimp Cocktail | 1-1-1 | 1/2 lb shrimp | 110 | 2 | 4 | 0 | 18 | 48-49 |
| Sausage Stuffed Mushrooms | 1-0-0 | 1 mushroom | 20 | 0 | 3 | 1 | 2 | 50-51 |

| SIDE DISHES | POINTS 1 serving (G-B-P) | SERVING SIZE | CALORIES | FAT (grams) | CARBS (grams) | SUGAR (grams) | PROTEIN (grams) | PAGE # |
|---------------------------|--------------------------------|--------------|----------|----------------|------------------|------------------|--------------------|--------|
| Balsamic Brussels Sprouts | 1-1-1 | 1.5 cups | 80 | 1 | 17 | 5 | 26 | 60 |
| Cheesy Broccoli Casserole | 3-3-3 | 2/3 cup | 120 | 5.8 | 8.1 | 1.4 | 10 | 52-53 |
| Corn Muffins | 2-1-1 | 1 muffin | 35 | 1 | 7 | 0 | 1 | 61 |
| Creamed Sweet Corn | 3-0-0 | 1/2 cup | 110 | 1.5 | 24 | 7 | 3 | 62 |
| Garlic Dijon Mushrooms | 0-0-0 | 3/4 cup | 50 | 1 | 7 | 3 | 6 | 63 |
| Green Bean Casserole | 2-2-2 | 2/3 cup | 190 | 6 | 26 | 8 | 6 | 54-55 |
| Maple Roasted Carrots | 0-0-0 | 1/4 lb. | 119 | 0.5 | 28.3 | 13 | 2.5 | 64 |
| Mashed Potatoes | 3-3-0 | 2/3 cup | 108 | 2.7 | 23.5 | 1.8 | 3.5 | 65 |
| Stuffing / Dressing | 2-2-2 | 3/4 cup | 160 | 4.5 | 18 | 3 | 13 | 56-57 |
| Sweet Potato Casserole | 3-3-2 | 3/4 cup | 180 | 4.5 | 34 | 10 | 4 | 58-59 |

| DESSERTS & DRINKS | POINTS 1 serving (G-B-P) | SERVING SIZE | CALORIES | FAT (grams) | CARBS (grams) | SUGAR (grams) | PROTEIN (grams) | PAGE # |
|----------------------------|--------------------------------|--------------|----------|----------------|------------------|------------------|--------------------|--------|
| Death By Chocolate Cake | 8-7-7 | 1/12 slice | 200 | 6 | 37 | 5 | 5 | 66-67 |
| Easy Peach Cobbler | 3-3-3 | 2/3 cup | 170 | 1.5 | 38 | 6 | 2 | 72 |
| German Chocolate Cake | 8-7-7 | 1/12 slice | 270 | 12 | 48 | 1 | 3 | 68-67 |
| Pumpkin Spice Cake | 4-4-4 | 1/12 slice | 220 | 2 | 51 | 4 | 4 | 70-71 |
| *** DRINKS | | | | | | | | |
| Creamy Pumpkin Spice | 1-1-1 | 1 cup | 41 | 2 | 5.5 | 0.5 | 2 | 73 |
| Creamy Egg Nog | 2-2-2 | 1 cup | 45 | 2 | 7.5 | 0 | 2 | 73 |
| Mexican Hot Chocolate | 1-1-1 | 1 cup | 63 | 2 | 7.3 | 0 | 2 | 73 |
| Peppermint White Chocolate | 1-1-1 | 1 cup | 35 | 2 | 4.5 | 0 | 2 | 73 |

* I used Splenda in factoring the macros for my drink recipes. If you use a different sweetener, adjust your nutritional info. Erythritol based sweeteners have lots of carbs.
 * As mentioned on page 79, my drink recipes use unsweetened cashew milk. Feel free to use any low point beverage you want, but adjust your nutritional info. and points.

| BONUS RECIPES (Viva Los Tamales!) | POINTS 1 serving (G-B-P) | SERVING SIZE | CALORIES | FAT (grams) | CARBS (grams) | SUGAR (grams) | PROTEIN (grams) | PAGE # |
|--------------------------------------|--------------------------------|--------------|----------|----------------|------------------|------------------|--------------------|--------|
| *** Low 'Point' Tamales | varies | 1/6 of masa | 200 | 2 | 26 | 12 | 26 | 74-75 |
| Red Enchilada Sauce | 0-0-0 | 1/4 cup | 45 | 0.5 | 9 | 5 | 2 | 76 |
| Roasted Tomatillo Sauce | 0-0-0 | 1/4 cup | 60 | 1 | 11 | 6 | 2 | 77 |

* The listed nutritional info. for my Tamales is JUST for the Masa. It does not take into account the filling, as you will be filling it with whatever you want. The points shown above are for 1/6 portions of masa, taken from the 2 cup recipe.

Hiya. I hope you enjoyed this book and I hope that it helps make this Holiday season a bit easier to get through. Want to call it even-Steven? How about leaving a review. It's 0 points and it'll give'ya the warm fuzzies.

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You should write a review... really... you'll sleep better. Honest.

Z

You can download my 3 prior cookbooks, for free, at:
www.thequiltfreegourmet.net



Cookbook Volume 1
 Guides, Tutorials, Foundation Recipes,
 Sauces & my original Holiday Recipes



Cookbook Volume 2
 Dips, Dressings, Appetizers,
 Cupcakes & Cakes



Cookbook Volume 3
 Dips, Dressings, Spreads,
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