

Closing Thoughts

The musings of a well fed basket case



“... and now there's our happy little cheeseburger.”

Well, here we are again folks... at the end of another one of my Cookbooks. Who would'a thunk it. Not this guy, that's for sure.

The crazy thing is, I can remember what I was thinking when I decided I needed to start losing weight, eating healthier, and join Weight Watchers. I remember that I was dreading it. I thought that I was never going to get to eat 'good' food again. I thought that I was going to have to spend the rest of my days eating boring chicken breasts, steamed vegetables... and if I was lucky, that I'd get to have rice cakes for dessert with sadness on top. Because ya'know what? That's what everyone THINKS healthy food, or 'diet food', has to be. After 2 weeks of eating depressing 'diet food', when I finally started actually thinking how to make 'regular' food healthier, that's what changed everything. After looking through the pages of this book, ask yourself: "Did I ever think I could eat food like this and lose/maintain weight?"

To think... the entire inspiration for this cookbook was a 2019 Weight Watchers commercial, where they showed a group of men "fake-happy" eating grilled burgers that were the size of a toddler's fist. As a guy... BOY did that commercial make me mad. That's not how people want to eat. THAT'S a diet.

In my previous 2 cookbooks, I go out of my way to try and spend time instructing, teaching and guiding you through the steps you can take to modify recipes for yourself. This is my full fledged, straight forward, less jibber jabber Cookbook. I tried to pack as many gourmet burgers and sandwiches into it as possible, as well as give you just shy of 30 dressings and spreads. UTILIZE THOSE DRESSINGS, folks! Don't just think of them as being for these burgers only. A lot of the individual burgers/sandwiches have recipes for a unique dressing/spread of their own. You can use those to dress potato salads, pasta salads, chopped grilled veggies, etc. Look at the way that I constructed these burgers and use it as a foundation to make your own.

Between my 5 self published cookbooks, I've set you up for complete and utter success. You have the tutorials, guides and foundation recipes in Cookbook 1. The appetizers, dressings, dips, and all the desserts in Cookbook 2, a ton of healthy Asian food in Cookbook 5... and now this. Between them, there is no way you can NOT lose, or maintain weight, unless you go completely off the rails and start snacking on unhealthy things (Curse you, Pop Tarts!)

By now, I hope that if I have been able to impart anything after working on these Cookbooks for 6 years, it's that more than anything... I want you to succeed. I don't want to just throw recipes at you. I want to help show you how to create your own. Book 1 explained HOW to do it. Book 2 showed you that you could take it to the next level, Book 5 showed you how to take it International, and Book 3... this is to show that just because you might be 'on a diet', doesn't mean you have to eat 'diet food'.

NOW, GET COOKIN'!

Acknowledgements

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I'd like to thank the Academy...

Well, here we are again. Getting a bit repetitious at this point, but I guess that's a good thing. Seeing that we're at the end of the award show, now's as good a time as any to mention a few key folks. There are a TON of you who have been so extremely supportive and encouraging over the past 6.5 months, while I've been working on this book. Well, if you count the 3 months that we were all shut down because of COVID... I've reeeeeeeally only been working on this for 3.5 months, but let's not nit-pick.

Now, let's start with the non-Weight Watchers people. More than any of you realize... a huge reason I was able to put this Cookbook together was because of all the awesome Behavioral Therapists at 'California Psych Care, Santa Clarita.' These wonderful young women, come to my house, nearly every single day, to help my kids with their therapies. While they are working with my kiddos, that's when I was able to have a small window that allowed me to cook over half of the burgers and sandwiches, as well as set up lights and take pictures. If it wasn't for them, I never would have been able to finish this. I also built over half of the actual book itself during their weekly 'play group' therapy sessions. I'd drop off my kids, sit in their office lobby for 2 hours with my laptop, soak up their wifi and work. Thanks, especially to **Jennifer, Stephanie 1, Stephanie 2, Kendal, Olivia, Bailey, Melissa** and all the other Therapists and Assistants who have helped my kids be able to communicate ... and have also given me time to cook and work, during the in-home therapies. Thank you, Ladies!

Now... onto the Weight Watchers/Social Media folks. There are a bunch of people, especially in Weight Watchers 'Connect', I want to single out and thank. I won't be able to mention everyone, because there are so many of ya. But I do have to call out a few. *(C'mon... there's 130,000+ of you following me right now and I only have half a page left!)*

Of course, I have to start off with **@69gabygal**... the poor lady who has been acting as my Jiminy Cricket for 2 years now. She helps me with proof reading and suggesting changes, nearly every night. Honestly, folks... that lady is thorough. Any mess ups that you find in here, are ones that I've put in AFTER she proof read everything... which I do, a lot. It's a wonder I haven't driven her crazy yet.... Actually, I probably have. Which is why I always tell her I'm going to replace her with a younger Editor, from The Ukraine, named Inga... just to keep her in line. 🤪

@Mariarachael12 and her Husband Jodi, for being wonderful to me from the moment I met them. **@Missyv40**, **@Eastendergirl** and **@AliciaWMcCauley**. 3 friends that I'm so glad I was able to meet, in person. **@Rbberens**, for being my selfless, local WW friend. **@Bizzybee85**, **@Cake.Riot**, **Mecaara**... **@Renelfalgout1**, for being such a great sport and playing along in **#ConnectWars**, as 'The Cajun Queen', along with **@Mappleby777**, for slumming it as the sidekick of my arch nemesis... **@Chiafullo**... 'The Cannoli Kid', aka: 'The Lover of Kale.' As well as a somewhat cryptic one... **'Ron'**. Thank you. Thank you for all of the help you have given me and my family over the past 2 years. Thank you, **#GentFromConnect**.

I want to give a special shout out to my absolute 2 favorite little chefs, who I absolutely adore. **'Chef Frankie'**, the pint sized cooking dynamo of Connect, son of **@Ericarossiramos**... I still owe you a little chef jacket, haven't forgotten, mi amigo. As well as **@dtspilde**'s youngest daughter, who is cooking her way through all my recipes. *"Go, Team Dull Knife!!!"*

Ya'know what... I'm going to break from tradition here. I want to say thank you to Weight Watchers, for everything. I was going to do it in Cookbook 2, but chickened out. Well, it's about time I said thanks to the corporation that put this system in place. Joining WW changed my life. It changed my family's lives. It gave me the tools and desire to change myself for the better. When I joined Weight Watchers, I was medically classified as Obese. I had a combined cholesterol of over 220, RESTING blood pressure of 180, sleep apnea, pre diabetes, etc., etc., etc. If it wasn't for hitting my 'low' and joining, I would be dead of a heart attack or stroke right now. Instead, because of their system, everything about me changed, not just physically.

All of this recipe hacking, ingredient swapping, culinary craziness that I do, to make EVERYTHING into healthier 'diet food' ... Weight Watchers didn't show me how to do it. But, they DID provide me with the tools, to make almost anything I want and still lose or maintain weight (as long as I stay away from Dairy Queen Blizzards).

So... this book is officially done. I'll see you guys and gals with the next one.

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