

“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

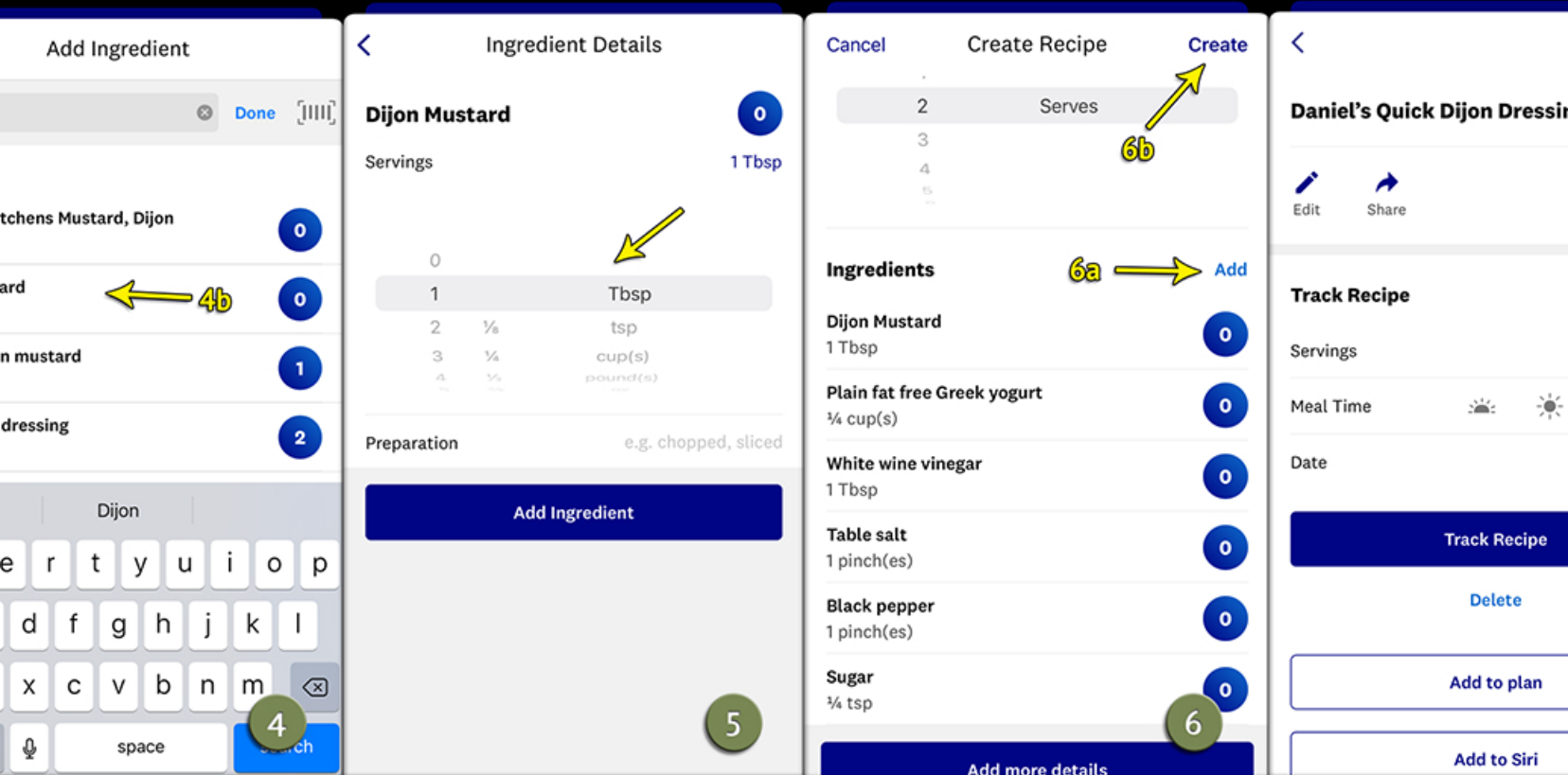
I’m going to do my best to help you navigate the Recipe Builder. For the the newer folks to the program, I’m typing this out as if you have NEVER opened up the Recipe Builder in the app before.

**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
<b>Serves</b>		<b>Serves</b>	
Serves	8	Serves	8
<b>Ingredients</b>	<a href="#">Add</a>	<b>Ingredients</b>	<a href="#">Add</a>
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.

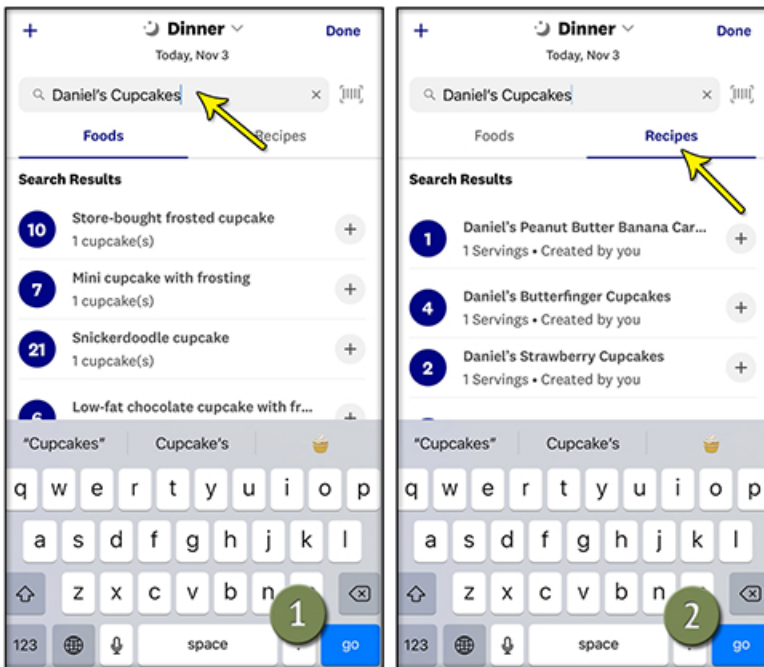
We're also going to be eliminating the butter, that's only used to mix with a ton of breadcrumbs, to sprinkle on top of the casserole. Instead, I'm going to crush up 1 cup of rice krispies and use those as the crumbs, it's lower points. Then, we'll put those in a bowl, spray them down with a 0 point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

