



gourmet recipes with all the flavor and none of the guilt

# THE GUILT FREE GOURMET

Recipes For Healthy Weight Loss and Maintenance

by: DANIEL HALLAK

Cookbook Volume 2
DIPS, SALAD DRESSINGS, APPETIZERS & DESSERTS







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



Low Fat & Calorie Cookbook - Volume 2 Revised for 2021

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The Guilt Free Gourmet, Low Fat & Calorie Cookbook: Volume 2

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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®).

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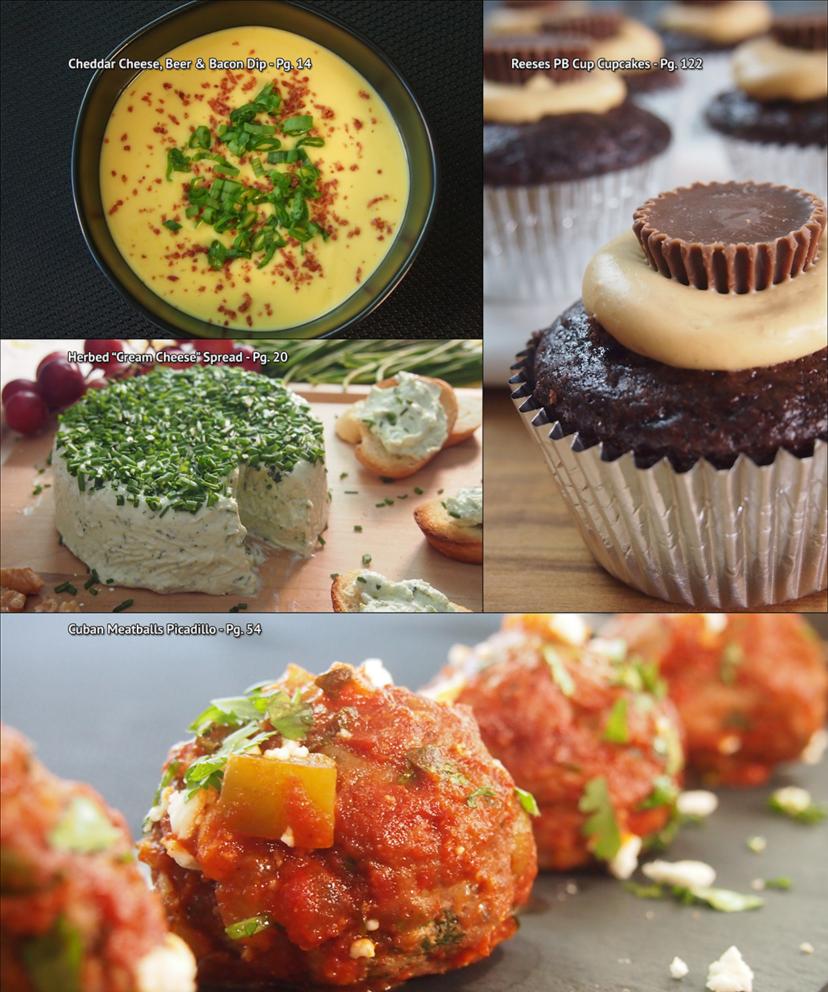


I dedicated "The Low Point Cooking Guide" from last year, to my wife, so I feel like I should dedicate this bad boy to the person who is ultimately responsible for it... my son, Jesse. Excuse me while I monologue.

Jesse, I know you won't be able to read this for Lord knows HOW long, but thank you. I wish with all of my heart and soul that I could send a message now, back to myself when you were born. I wish that I could go back and calm my fears, calm my worries and smack the selfish angriness out of myself. I wish that I could go back and show old-me a glimpse of the joy that you have brought to our lives. I wish that I could go back and tell myself of just how much you would end up changing me into a better person. All of this is because of you. At first, I had a lot of anger and selfish resentment in my heart about it... but you're the best thing that's ever happened to me. From the day you were born, you've forced me to change, to not think about myself first, to have to care unconditionally and unselfishly.

I know that I still can't communicate with you verbally yet... but someday you'll be able to read this and you'll know that you are the most joyous part of my every day. Your smile, laughter and constant need for hugs, makes my soul sing. Know that I am constantly calling you "sunshine with feet", to 100,000+ people, on an almost daily basis. Because of you, my heart is content.

- Dad 12-11-19



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## 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 42-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... 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





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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.







I started Weight Watchers on December 1st, 2017.
I reached my initial goal weight of -51lbs in 3.5 months.
All my weight loss was 100% from changing my cooking habits, not so much as one moment of intentional exercise.



# My Food Philosophy

You might be tempted to gloss over this and go straight to the recipes, but please don't. This is very important. Before you dig into these recipes and get an extremely confused look as you exclaim, "Why in the good Lord's name is he doing this and (or)that?..." You need to understand the reason for my mad scientist-ness.

The most important factor is that I love, love, love to try challenging myself to think of new ways to do things. My primary goal in anything that I make, is to make it taste great while cutting down the fat, calories and WW Points. My goal is to turn EVERYTHING into an ultra low calorie version of itself. Cooking with that mindset is what allowed me to lose so much weight, so fast, without ANY excercise... and while still eating well. I didn't even go for 1 single walk during my march from start, till I hit my goal weight. I dropped weight like a brick, while eating lasagna, pasta dishes, casseroles and desserts. My style of cooking relies upon the principle of "Calorie Density."

The basic principle of Calorie Density, is that by modifying recipes to be lower in calories, you can consume the EXACT SAME AMOUNT OF FOOD, by weight, as someone else, but with a drastic reduction in the amount of calories you consume in a day. It's like choosing to eat a 1 pound Lean Cuisine dinner, while your buddy eats a 1 pound Stouffers dinner. You're both eating the same exact amount of food... but your meal is leaner and healthier.

When you're trying to eat healthier and lose weight, do you reach for "Hungry Man XL" frozen dinners, or do you reach for "Healthy Choice" Steamers"? You eat the Healthy Choice meal because it's a responsible amount of food, but lighter in fat, calories, carbs and sugars.

It's weight loss 101, folks. No matter what fad diet you follow, they all have the same basic principle. If you eat more calories than your body uses in a day... you're going to gain weight. Most people try to cut calories by starving themselves. THAT slows your metabolism and makes you actually gain weight once you start eating again. BUT..... by manipulating your food to so that you eat just as much, just as often, but at half the calories. There is no starving, no slowing of your metabolism... you're still eating like a normal person, just leaner.

That's the basic principle for why I go crazy-mad-scientist in the kitchen, to the extent that I do. It allows me to have a larger portion size, even seconds, most of the time... and still able to lose or maintain my weight. While other people are constantly being told "Just eat the normal, full fat, full calorie dish... just have a much smaller portion... this is a lifestyle!", I say forget that. Who wants a "lifestyle" that revolves around having fat-filled little hockey puck sized "responsible" entrees and desserts. I don't want to feel like I'm on a diet or have to eat a portion of food that's sized for a toddler.

My "Cookbook: Volume 1", that I recently published to Amazon, as well as onto my website, is a 100% requirement to utilize the recipes in this new cookbook. All of the "Foundational Recipes" that are referenced in my appetizer, dips and dessert recipes, are all found within that book. It is filled to the brim with the base recipes for the dishes within this book, such as my ground meat seasonings, low point masa, pie crust and low point cream cheese substitute are contained within THAT cookbook. You can purchase it on Amazon, OR... you can download it for free on my website, www.theguiltfreegourmet.net

Once again, my "Cookbook: Volume 1" is absolutely required to make the dishes in this second cookbook. You can purchase a copy, or download, save and print it.



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 will have my updated Pasta making guide in it. In this book, fresh pasta is used in the Lasagna al Rotolo appetizer. It allows us to make a pasta sheet, half the size of a sheet pan, for 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 and Seafood Boils (shrimp, corn, Osp sausage). I use the shallower steamer insert to steam 2 ingredient dough for my Bahn Mi Sliders. It is also used to steam the Tamale balls for my Tamale appetizers. Want even more reason to get one? My steamed chocolate cake recipe requires one, as well as my Tamale Ball apetizers. Well... ok, you can get away with using a small steamer for the Tamales, but you'll have to make them in multiple batches. It'll take forever. There are ultra expensive ones, however, mine was a cheap one from Ross (if I remember correctly) and it's lasted foreeever.