

YOUR GREAT PLATE! PLAN YOUR THANKSGIVING FEAST

Set yourself up for success this Thanksgiving! Sketch out your planned feast on the plate on the front of this "placemat"—keeping in mind your must-have dishes, portions, and, of course, SmartPoints® values. Then use your plan to guide your choices at the table. Enjoy!

DISH	PORTION SIZE	SMARTPOINTS

SAVOR THE FLAVOR

EAT MINDFULLY TO MAX YOUR PLEASURE AND FEEL SATISFIED SOONER. HERE'S HOW:

- Create a plate packed with eye appeal: Choose colorful veggies, drizzle on gravy, and give your food a little space so you can appreciate how it all looks.
- Look around the table for a moment or two and appreciate the setting: candles, sparkling glasses, autumnal touches—and smiling faces.
- Take a big breath, or a few, before you dig in; it'll help center you in the moment.
- Here and swallow between forkfuls. Food will taste better and your stomach will thank you!
- Put down your fork often and engage in the conversation—that's the longer-lasting pleasure of the day.
- Pace yourself to the slowest eater. (You'll be seated until everyone is finished anyway.)



SMART SERVING IDEA BALANCE YOUR PLATE!

One tactic for managing your food choices anytime is to divide your plate: Fill half with lightly seasoned or plain vegetables and/or fruit, a quarter with lean protein, and a quarter with whole grains or other starches. To make it simple, use the <u>Weight Watchers Portion Plate</u> with its helpful and discreet pattern. It's also just 9½ inches, so you're likely to eat less without thinking about it! Two plates per pack, on sale **here**.



RECIPES TO BE THANKFUL FOR

Enjoy delicious Turkey Day choices in the Nov/Dec issue of *Weight Watchers* magazine or in your Tracker at weightwatchers.com: Click on Recipes tab, then Thanksgiving tab (for subscribers).