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[SHQOFOQLATTE \(Beth\)](#)

6/30/2010 8:42 AM

I used to be the chief chopper and I resented it. Everyone else would stir things on the stoves, or set the table, or even do the dishes, but no one wanted to chop vegetables and peel the fruit. I think that we are all by genetics clumsy with our hands, anyway. Then I decided that I would make it "play", like they do in Montessori schools. And I started to LOVE to chop, dice, peel. Once everyone else saw that I was having fun, they wanted to do it too!

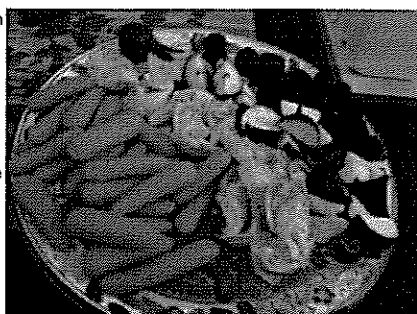
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The secret power of the post-workout relish tray

Tuesday, June 22, 2010

In the process of losing about 13 pounds on WW this year, two things have made a big difference: getting serious about the gym and cooking. However, the two sometimes get in the way of each other. I hit the gym after work. Factor in a workout and a shower, and I'm home around 8:00 p.m., with my hunger level at *ravenous*. I tried the usual fixes—i.e. a hearty pre-workout snack, eating a later lunch, etc. But I would still walk in the door starving and inhale leftovers until I felt satisfied enough to start cooking. The result? I was probably eating the equivalent of two dinners' worth of *POINTS*.



Then one day I accidentally hit on the perfect fix:
The relish tray.

I walked in the door (yes, ravenous) to find all that was in the fridge was half a bag of baby carrots. I thought, *Instead of tearing into the bag, I'll put them on a plate*. Then I found a can of olives and a can of water-packed artichokes in the cabinet. I took a small platter out, arranged my bounty, and sprinkled sea salt and freshly ground pepper over the veggies. It looked so appealing! I nibbled on my relish tray as I gathered my ingredients and started cooking dinner. For basically no *POINTS*, I had a satisfying post-workout snack that I savored while I cooked. Over the last few months, I've perfected the art of the relish tray and swapped fresh ingredients as I get bored or as new items are in season. I've tried baby radishes, beets, cherry tomatoes, and more. They key is to present a variety of choices in a way that feels luxurious...like something you'd be served in a restaurant.

How do you handle your hunger when you walk in the door starving?

—Geri Anne Fennessey, executive editor, platter pro

Categories: Cooking, Fitness, My weight loss

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[BAMACY1524](#)

7/2/2010 8:25 AM

I try not to let myself get to that point. If I know I'm going to be out and missing mealtime, I'll pack a bar/snack. But, I truly think adding protein to my meals and snacks is what has helped prevent this. I hardly ever get hungry. When I am famished, my current favorite munchie is cucumber slices with hummus. Crunch with cream . . . bliss.

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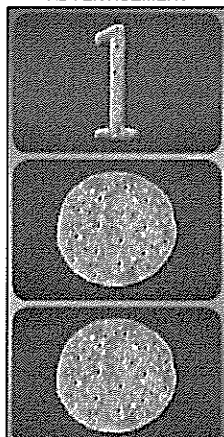
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weightwatchers Contributor

Off the Page

Inspired by TV sports

Written by ww_magazine on 4/13/2011 11:18 AM |  COMMENTS (1)

Aside from the cold, one of the things I hate most about winter is that the sports I love to watch on TV are on hiatus (with the happy exception of college basketball's March madness). No golf, not much tennis, no baseball. So when spring comes, I breathe a huge sigh of relief and all seems better. Most of all, the return of these sports to TV means that it's the time of year when I get outside and start playing again myself. For example, with last weekend's Masters came the reminder for me that it's time to start shopping for a new driver (something I do every golf season because the technology really does change enough each year to make it worthwhile, and as a shorter player I need all the help I can get off the tee).

My golf course in Vermont has opened for the season (let's just hope the snow is over!), and it's time to sign up for spring/summer tennis. All of this makes me happy and hopeful that, with last year's weight loss, I'll see real progress in terms of my golf and tennis game. I'm also hoping that this will give me yet another reason to stay motivated to keep the weight off. Stay tuned!

What are you most excited about now that the warm weather is coming?

—Geri Anne Fennessey, executive editor, weekend warrior

Categories: Fitness, My weight loss, Sports

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kitmusic



4/13/2011 11:20 PM

I just like that it's actually light outside a lot earlier than in the winter time. That means that once school is out, I can start getting some exercise in during the morning hours, and not having to wait until it's warm in the afternoon.

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The editors of Weight Watchers Magazine reveal their personal weight-loss stories and share their best advice with the community.

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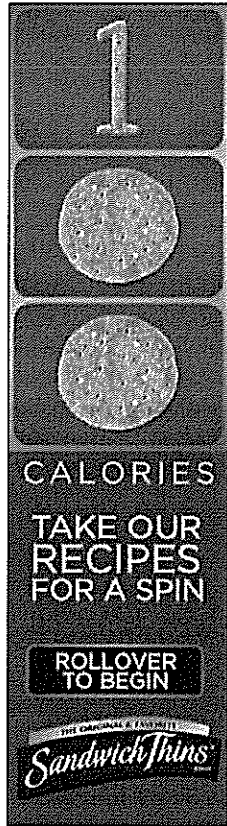
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Off the Page

Soup season!

Written by ww_magazine on 11/11/2010 11:31 AM |  COMMENTS (3)

Now that I'm cooking more, I'm actually (a little) excited for winter. My plan is to make big batches of soup every weekend and then bring them to the office for at least one or two healthy lunches each week. I'm at that point in the year when I'm totally bored with salads and sandwiches, so I'm really looking forward to a lunchtime shake-up.

In fact, this weekend I started getting in the mind-set. My fiancé and I made a great dinner on Saturday night with a small roasting chicken. I made my own rub with sea salt, fresh herbs from my garden (which is strangely still growing strong!), and a bit of olive oil. I coated the bird with it and filled the pan with some beautiful fresh carrots from the farmers' market.

We had a great dinner, but best of all, I had the makings of my first soup of the season. We tossed the leftover chicken and bones into a pot along with some veggies and simmered all day long. The house smelled incredible, and we had our first soup of the season on a chilly November Sunday. And I can't wait for today's lunch!

What's your favorite winter soup?

—Geri Anne Fennessey, executive editor, soup chef

Categories: Cooking, Food, My weight loss

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angle7229 (angle)

11/14/2010 8:40 PM

MMMMmm! I love soups too. Just pulled some Spicy black bean soup out of the freezer today. My kids love Hot dog soup (which I have adjusted to be more WW friendly) and I made a good pumpkin, sage and sausage soup a few weeks ago. Yum!



brownweldog

11/13/2010 3:38 PM

Soups & Stews seem so right this time of year. WW Online had a great Tuscan Pumpkin-White Bean soup last year that I still make. I also love Italian sausage and sweet potato stew.



momof5inmi (beth)



11/11/2010 1:05 PM

I do the same thing with chicken! I really like the Progresso soups! the new Clam chowder is amazing! With the Meatball soup, I add 1 t EVOO with each bowl.

see all

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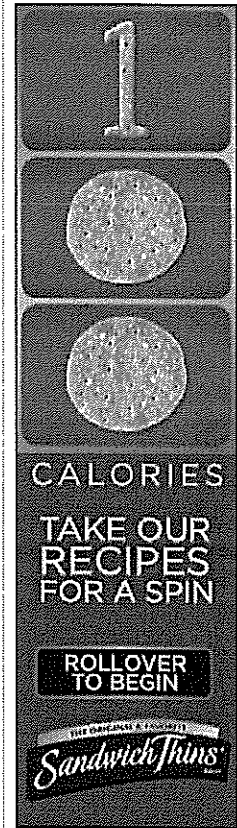
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Log In**weightwatchers Contributor****Off the Page****Jailbreakers looking good!**Written by ww_magazine on 10/14/2010 10:11 AM |  COMMENTS (1)

Every year I have an annual weekend away with about eight of my college girlfriends (I'm the short one hiding in the back). Since the inception it has been christened "jailbreak" (btw, the married moms came up with this, not the two of us that are unmarried with no kids). But this year (JB10) was even more special since we turn 40 and it marks the 20th year that most of us have been friends. As we sat around the table, a few things crossed my mind.



1. Times have changed since the original JB: We now have a few empty wine bottles at the end of a meal, not an empty keg.
2. In the early JB days we'd just hang on the beach (no sunscreen, of course). But, ironically, now that we're all busier than ever, we pack our days away with a litany of activities—a foursome for golf, morning runs, tennis clinics. All while covered in sunscreen.
3. I can't believe this is what 40 looks like! With 13 kids between them I'm amazed and impressed that my friends have returned to their pre-pregnancy weight (many on WW)—and in many cases are in much better shape now than ever. It makes me happy and proud that with jobs, kids, spouses, and aging parents these women place a priority on health and fitness; they're great role models for their own kids—and for me.

What do your friends do to inspire you toward healthier heights?

—Geri Anne Fennessey, executive editor, Inspired buddy

Categories: Friends, Fun, General

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sunstrenght

10/15/2010 7:22 AM



I'm glad you waited til the end of the paragraph to say how old you are. I had been looking at the pic trying to guess ... and I was NO WHERE NEAR 40! I thought, these are young gals. How can this be a true "Jailbreak!?"

see all

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