

weightwatchers

your success kit

Gear up for success with 8 outstanding tools for Simple Start & beyond!

inside you'll find:

1. Multipurpose Expandable Tote: These fun and easy to carry insulated neoprene holders come in 3 unique designs and can be used as:

- a lunch bag
- a holder for your Weight Watchers materials
- a tote for your netbook, tablet or e-reader

2. Master Your Meals & Snacks cookbook: Whether looking for a meal idea or quick snack solution, this book is packed with 150 recipes, including 50 for Simple Start! Provides delicious, **PointsPlus**® value friendly solutions for meals and snacks too.

3. Find Your Fingerprint: Getting on track to a healthier lifestyle can look different for everyone, just like your fingerprints. This book is packed with strategies, hints and worksheets to help you discover what works best for you so you can find the key to lasting success.

4. Portable Collapsible Steamer Bowl: The name says it all! This fun tool makes it easy to store food, take it to go and steam your veggies in a jiffy! Plus it comes with 5 yummy steamer recipes.

5. Plan & Track: Completely redesigned 12-week interactive guide that includes:

- A to-do section to plan groceries, meals and activity
- Tracking pages to log food and activity **PointsPlus** values
- A weekly wrap up to see what's most effective to make your next week even better!

6. Mix & Flip Exercise Cards: This colorful, fun, portable deck of 28 cards makes it easy to add activity into your day anytime, anywhere. Each card includes easy instructions and suggestions based on fitness level, plus icons for use at home, your desk, or outdoors to quickly pick out the cards you can do in the space you are in.

7. PointsPlus Value Stickers: a fun way to tag your own foods and recipes at home.

8. \$45 in coupons*: Includes savings on a variety of products found in meeting rooms and your local grocery store along with a FREE **PointsPlus** Calculator and skin.



Pink Kaleidoscope



Zebra Print



Blue Plaid

getting started tools

*Coupons available inside your success kit when purchased at participating meeting room locations.

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Microwave Steamer
Care Instructions:

- Top rack dishwasher safe and microwave safe.
- Wash thoroughly before use.
- Keep out of reach of children.
- Do not use as a browning dish, in an oven, on the stove top or on a hot plate.
- Product may stain if using with tomato-based or other staining food products.
- Do not use abrasive materials when cleaning.

We value your input. If you have any questions or comments about this product, please contact us toll free at 1-800-767-7501, or email us at consumer.services@weightwatchers.com

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Suggested Cooking Times:

FOOD:	QUANTITY:	COOKING TIME* (800-watt microwave)
Asparagus	5 spears	2 minutes
Beans, green	¼ lb	4 minutes
Beets, whole	2 (¼ lb)	7 minutes
Broccoli spears	¼ lb	3 ½ minutes
Broccoli florets	¼ lb	3 minutes
Brussels sprouts	1 cup	3 ½ minutes
Cabbage, shredded	1 cup	4 minutes
Cauliflower florets	1 cup	4 minutes
Carrots, baby-cut	1 cup	4 minutes
Carrots, sliced	¾ cup	3 minutes
Corn, on cob	1 small	2 ½ minutes
Kale and collards	2 cups	4 minutes
Mushrooms, sliced	1 cup	1 ½ minutes
Potato, baking	½ lb	5 minutes
Potato, chunks	6 oz	5 minutes
Potato, sweet	½ lb	5 minutes
Snow peas	1 cup	1 ½ minutes
Spinach	3 cups	2 minutes
Squash, acorn	½ small	4 minutes
Swiss chard	2 cups	3 ½ minutes
Zucchini, sliced	1 cup	2 minutes

**Cooking times may vary based on microwave wattage, adjust as needed based on preference.*

Microwave Steamer
Instructions for Use:

- Pop the base down so that the steamer is in its expanded form. Then press the steamer tray into place inside the bottom of the bowl.
- Cut all food into equal-sized pieces to allow for even steaming.
- Do not steam butter, oil, or nonstick cooking spray without other foods in the steamer.
- Place the food inside the steamer (with or without tray on bottom, based on recipe). If a recipe you are making does not include any liquids, add a small amount of water in the bowl under the tray.
- Do not overcrowd the steamer as the steam must be able to circulate to ensure that all food cooks evenly.
- Place lid on steamer bowl and secure all clips. Pull up and swivel the silicone vent. Make sure the silicone vent is always open while steaming.
- Place steamer inside microwave and steam food for desired time based on microwave wattage and your personal cooking preference.
- Keep in mind the food will continue to cook even after the steamer is removed from the microwave.
- Caution: Steamer will be hot. Remove lid with care to avoid hot steam.

weightwatchers

microwave
steamer
user
guide

RECIPES:

Garlicky Broccoli

Per serving (about 1 1/4 cups), serves 2

1/2 lb broccoli florets
2 tsp olive oil
1 garlic clove, minced
Pinch red pepper flakes
2 Tbsp grated Parmesan cheese

- 1) Put 3 Tbsp warm water into steamer; insert tray. Put broccoli on tray. Cover with lid; snap clips closed. Pull up steam vent and swivel open.
- 2) Microwave on high until broccoli is crisp-tender, about 3 minutes. Transfer to serving bowl.
- 3) Mix oil, garlic, and pepper flakes in cup. Add to broccoli; toss to coat. Sprinkle with Parmesan.



Beef and Mushroom Pilaf

Per serving (about 1 1/4 cups), serves 1

1/4 cup instant brown rice
1/4 cup each chopped bell pepper and onion
1/2 tsp olive oil
1/2 cup sliced white mushrooms
1/4 tsp salt
3 oz sliced pre-cooked lean roast beef, trimmed and cut into strips



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- 1) Remove tray from steamer. Combine 1/2 cup water and rice in steamer. Cover with lid; snap clips closed. Pull up steam vent and swivel open. Microwave on high 3 minutes, then microwave on medium until water is almost absorbed, about 3 minutes. Let stand until water is absorbed, about 3 minutes longer. Transfer rice to bowl; keep warm.
- 2) Combine bell pepper, onion, and oil and place inside steamer bowl. Cover and microwave on high until softened, about 2 minutes.
- 3) Stir in mushrooms and salt; cover and microwave until mushrooms are softened, about 3 minutes. Combine in bowl with rice and mix in beef.

Moroccan Chicken Stew

Per serving (about 1 3/4 cups), serves 1

1 small carrot, thinly sliced
1/4 cup chopped onion
1/2 cup canned diced tomato + 1/4 cup juice
1 small zucchini, diced
1 tsp ground cumin
5 oz skinless, boneless chicken breast, cut into 1" chunks
1/4 tsp each salt and black pepper
1/4 cup canned chickpeas, rinsed and drained



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- 1) Remove tray from steamer. Combine carrot and onion in steamer. Spray with nonstick spray; toss. Cover with lid; snap clips closed. Pull up steam vent and swivel open. Microwave on high until onion is softened, about 2 minutes.
- 2) Stir in tomato with juice, zucchini, and cumin. Cover and microwave 2 minutes.
- 3) Sprinkle chicken with salt and pepper. Stir into tomato mixture with chickpeas; cover and microwave until chicken is cooked, about 3 minutes, stirring once.

Salmon with Tomato-Saffron Sauce

Per serving (1 fillet with 1/2 cup sauce), serves 1

Pinch saffron threads
1/2 cup canned diced tomato with juice
1/4 tsp each dried oregano and salt
1 (1/4-lb) wild salmon fillet, about 1" thick

- 1) Crumble saffron into 2 Tbsp boiling water in cup. Let stand 10 minutes.
- 2) Remove tray from steamer. Mix together tomato, oregano, salt, and saffron liquid in steamer. Cover with lid; snap clips closed. Pull up steam vent and swivel open. Microwave on high until flavors are blended, about 2 minutes. transfer to small bowl; keep warm.
- 3) Put 3 Tbsp warm water into steamer (no need to wipe out);



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insert tray and place salmon on top. Cover with lid; pull up steam vent and swivel open. Microwave until fish is opaque in center, about 3 minutes. Drain the water and serve fish with the sauce.

Lemon Asparagus

Per serving (about 5 asparagus and 1 tsp dressing), serves 2

1/2 pound asparagus, cut into 5 1/2-inch lengths
2 tsp lemon juice
1/2 tsp Dijon mustard
1 Tbsp olive oil
Salt and pepper

- 1) Put 3 Tbsp warm water in steamer; insert tray. Place asparagus on tray. Cover with lid; snap clips closed. Pull up steam vent and swivel open.
- 2) Microwave on high until asparagus is crisp-tender, about 3 minutes. Drain the water and transfer the asparagus to a platter.
- 3) To make the dressing, whisk together lemon juice and mustard in small bowl. Slowly whisk in oil until blended, then season with salt and pepper. Drizzle the mixed dressing over the asparagus.



Look for more steamer recipes in the *Master Your Meals* cookbook included in Your Success Kit!

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