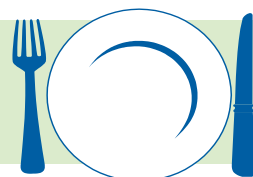


On Your Plate

A Quick and Easy Meal Idea



This year Weight Watchers is giving you more to sink your teeth into with the Flex and Core Plans. Each plan offers an array of food options to help avoid the boredom that can derail weight-loss efforts. Add a little flair to your next meal and serve up our recipe for Simple Chicken Stir-Fry and fall in love with chicken all over again.

Simple Chicken Stir-Fry

This simple recipe is great for both those following the Core Plan and the Flex Plan. It's the perfect meal for even the most hectic schedule. Plus, it's a tasty choice for the whole family. Kids will love this easy stir-fry—of tender strips of chicken and stir-fry vegetables—because it's not spicy at all.

- 1 pound skinless, boneless chicken breasts, cut into strips
 - 4 cups frozen stir-fry vegetables (without sauce)
 - ½ cup chicken broth
 - ¼ cup light teriyaki sauce
 - Salt and pepper to taste
1. Spray large nonstick skillet with nonstick spray; heat. Add chicken; cook over medium heat, stirring constantly, until browned.
 2. Add vegetables; stir-fry until barely tender, 2-3 minutes.
 3. Add broth, teriyaki sauce, salt and pepper; stir-fry until chicken is cooked through and vegetables are tender-crisp, about 3 minutes longer.

Tip: Serve over cooked brown rice (**POINTS**® value per cup: 4). This tasty dish is also great re-heated as a leftover for lunch the next day.

Makes 4 servings. **POINTS**® value per serving: 3 (1 cup): 179 Cal, 3 g Fat, 3 g Fib.



This is a Core Plan recipe

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The choices are **ENDLESS** and the results are **BIG!**

Ready Set
GO!

Take off in 2005 with Weight Watchers
NEW TurnAround™ Program!



If you like this recipe, you can find more recipes like this one in the recipe section of our website at www.ww-wmi.com.



Jump Start the Year

Now is the
time to make
the positive
changes to
your life that
can mean big
changes to
your weight.

Staying Focused on Your Goals

Being clear about your goals is your greatest weapon against getting derailed. With a well-developed plan, you are able to remain focused on your weight-loss goals, and that is where the NEW TurnAround™ Program comes in.

After more than 40 years of developing innovative strategies to losing weight, Weight Watchers has once again surpassed expectations by creating one of the greatest programs in years. Weight Watchers TurnAround Program is a revolutionized program that encompasses a total approach to achieving weight-loss success. The TurnAround Program recognizes that there can be different approaches to making positive changes, depending on various situations and preferences. Now you are in control, and you choose how you want to lose with our flexible Flex Plan or our NEW no-counting Core Plan!

The Flex Plan is a refreshed version of the **POINTS**® approach, giving you the freedom to enjoy a full range of food options as long as you eat in moderation, stay within your daily **POINTS** Target, and track your **POINTS** values.

The Core Plan, on the other hand, is an approach that liberates you from having to track your **POINTS** values. Instead, it focuses on a core list of wholesome and nutritious foods that provide eating satisfaction without the empty calories.

Your decision to make a commitment to improve your health and well-being is a solid step forward to maximizing your life, and we want to be a part of jump-starting your journey. Now available just for you is our popular Winter Season Pass! This special offer is your opportunity to attend unlimited weekly meetings through May 7, 2005 and to establish your plan to achieving your weight-loss goals!

Reach your goals with a name you can trust—Weight Watchers—and make the commitment to healthier living today!

❄️ Winter ❄️ Season Pass

Joining members can
purchase the Winter
Season Pass for only

\$165!

Current members can
purchase the Winter
Season Pass for only

\$159!

Weight Watchers knows the value of making a commitment to your success and now you have the opportunity to take that first step. Make your commitment today by purchasing the Winter Season Pass and watch yourself change!

Get your Winter Season Pass and receive unlimited meetings through May 7, 2005 for one great low price! Purchase your Winter Season Pass in the meeting room, over the phone by calling 1-800-572-5727, or through our website at www.ww-wmi.com. **Hurry, offer ends February 12, 2005.**

This plan is not valid for The At Work Program® and non-transferable and non-refundable.

Jump start your weight loss with a FREE Ready-Set-Go Kit

Get off to a fast and easy start with our **FREE** Ready-Set-Go Kit including:

- Step-by-Step Action Plan
- Energizing Exercise DVD
- Delicious Meal Ideas

Hurry, offer ends January 29th



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