| Food | | SPV |
|---|---|---|
| ***Beverages*:** | | |
| Apple Cider | ½ cup | 2 |
| 1 glass of wine | 5 oz. | 4 |
| ***Side Dishes*:** | | |
| Stuffed mushrooms | 4 (2¾ oz) | 4 |
| Candied Sweet potatoes | ½ cup | 8 |
| Sweet Potato, cooked | ½ cup | 3 |
| Stuffing | ½ cup | 6 |
| Green Bean Casserole | 1 serv. | 7 |
| Winter Squash | ½ cup | 0 |
| Mashed potatoes | ½ cup | 5 |
| Corn Bread | 2" square | 7 |
| Tossed salad | 1 cup | 0 |
| w/ vinegar and 2 tsp olive oil | | 3 |
| Dinner Roll (2 oz.) | 1 | 5 |
| ***Gravy & Sauces:*** | | |
| Cranberry sauce | ¼ cup | 6 |
| Turkey Homemade Gravy | 2 Tbsp | 2 |
| Turkey gravy (canned) | ½ cup | 0 |
| Cheese Sauce | 2 Tbsp | 2 |
| Creamed Corn | ½ cup | 3 |
| Creamed Vegetables | ½ cup | 1 |
| Hollandaise sauce | ¼ cup | 13 |
| ***Entrees*:** | | |
| Turkey breast cooked (w/o skin) | 3 oz. slice | 1 |
| breast with skin | 3 oz. slice | 3 |
| dark meat w/o skin | 3 oz. slice | 2 |
| dark meat w/ skin | 3 oz. slice | 4 |
| Lasagna w/ meat | 4" x 2½ / 1 serv | 9 |
| Baked Ziti | 1 serv. w/o meat | 9 |
| ***Nuts*:** Chestnuts, roasted (10 small) | 3 oz | 7 |
| Mixed nuts | 1 oz | 5 |
| Cashews | 14 | 5 |
| Walnuts | 14 halves * | 6 |
| Peanuts | 1 oz, | 5 |
| ***Desserts*:** | | |
| Apricots (dried) | 6 halves | 3 |
| fruit cocktail, no sugar added | 1cup | 0 |
| fruit cocktail, in water | 1 cup | 0 |
| Sweet potato pie | ⅛ of 9" pie | 16 |
| Pumpkin pie | ⅛ of 9" pie | 14 |
| Fruit pie (1 crust) | ⅛ of 9" pie | 13 |
| Fruit pie (2 crust) | ⅛ of 9" pie | 18 |
| Coconut custard pie | ⅛ of 9" pie | 17 |
| Pecan pie | ⅛ of 9" pie | 21 |
| Meringue pie | ⅛ of 9" pie | 13-16 |
| Layer cake | 1/12 of 9"cake | 15 |
| Cheese cake | 1/16 of 10" cake | 18 |
| Cannoli | (1) 3½" | 13 |
| Pie crust, any type | ⅛ of 9" pie 1 crust pie | 3 |
| | 2 crust pie | 7 |
| cup of coffee, black | | 0 |
| | w/ 2 tbs. ½ & ½ | 2 |
| | if fat-free ½ & ½ | 1 |

Enjoy, Vito rev. 11/2017

**Pumpkin Pie Parfait**

Ingredients:
½ cup canned pure pumpkin
1/8 tsp. pumpkin pie spice
2 no-calorie sweetener packets
½ cup light/low-fat ricotta cheese
¼ tsp. vanilla extract
1/8 tsp. cinnamon
2 low-fat honey graham crackers (½ sheet), crushed

Directions:
In a small bowl, combine pumpkin, pumpkin pie spice, and 1 sweetener packet. Mix well.

In another small bowl, combine ricotta cheese, vanilla extract, cinnamon, and remaining sweetener packet. Mix well.

Spoon half of the pumpkin mixture into a parfait glass (or any mid-sized glass). Top with half of the ricotta mixture. Repeat layering with remaining pumpkin mixture and ricotta mixture.
Sprinkle with crushed graham crackers, and enjoy!
**MAKES 1 SERVING ... SPV 7**

**Tips for members by members ...**

.. Don't skip meals
.. Have an attractive plate of fresh fruits to snack on
.. Drink plenty of water or other fluids
.. Lighten gravies and sauces
.. Focus more on friends and family
.. Plan a plate of 50% 25% 25%...50% Fruits and Veggies, 25% Protein and 25% whole grain
.. Save Weekly SmartPoints & get some added activity
.. Stop / rest / assess
.. Measure your portions:
** Use the Wt Watchers Easy Measure Serving Set*
.. Cut the fat
.. Enjoy yourself ... Don't forget your 'me time!'

**"This is one thing you can control—when you eat and what you eat." ~ Christopher Sheehan, author** *... ('Thought this was a nice sentiment; but isn't that 2 things you can control? ~ V)*

***Remember, it's a Holiday, not a Holiweek!***

***Just a word of thanks and encouragement*** ... To all who attend meetings every week, I applaud your sense of commitment and motivation. The first and best step of a successful Weight Watcher is the one that brings you through the door to your meeting. I personally want to thank you for sharing that experience with me.
I deeply appreciate you

Vito
vitosworld.com

[NOTE: this was made to cut out and fold in quarters to make it pocket size to keep with you ... that's why the two bottom cells are upside down]