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She is the author of the Smart Start 28-Day Weight Loss Challenge. A huge fan of the slow cooker and confessed cookbook addict, when she's not experimenting in the kitchen, you're likely to find Martha on her yoga mat. More about Martha McKinnon

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similar to the old WW point system, "PointsPlus," but
now includes about 200 healthy "free," zero-point foods
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50 Skinny Spiralizer Recipes With Weight Watchers

Smart Points-Turn Vegetables Into Low Points Pasta

Alternative Cutting out starchy pasta is a great way to

save calories... but you need to replace those noodles

with something! Zucchini sliced into pasta-like ribbons

have been quite the rage for some time, especially with

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