



The Amazing Mackerel Pudding Plan: Classic Diet Recipe Cards from the 1970s

Wendy McClure

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A collection of the notorious retro Weight Watchers recipe cards in all their foul, full-color glory.

In the words of Wendy McClure, author of *I'm Not the New Me*, blog trailblazer, internet favorite, and fearless discoverer:

I found them while helping my parents clean out their basement. Plenty of the dishes seemed normal enough, but as I flipped through them, some of the recipes began to alarm me. And then I found the card for Rosy Perfection Salad.

I fell over. I mean I laughed so hard I started coughing and I fell back on the floor and I waved the card at my mom, who just rolled her eyes. "Can I please have these? Please?" I begged. "What do you want them for?" she asked. "To cook?" "No," I said...

And here they are: the disturbing dishes made famous on the Internet and many more. From Fish Balls to Celery Logs to Caucasian Shashlik to Frankfurter Spectacular in all their scary goodness. Mmmmm, Shashlik...

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Hattie Booth:

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Tara Gamboa:

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Sarah Lopez:

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happy, fun and loosen up. Try to choose the best book for you and try to like reading that will.

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