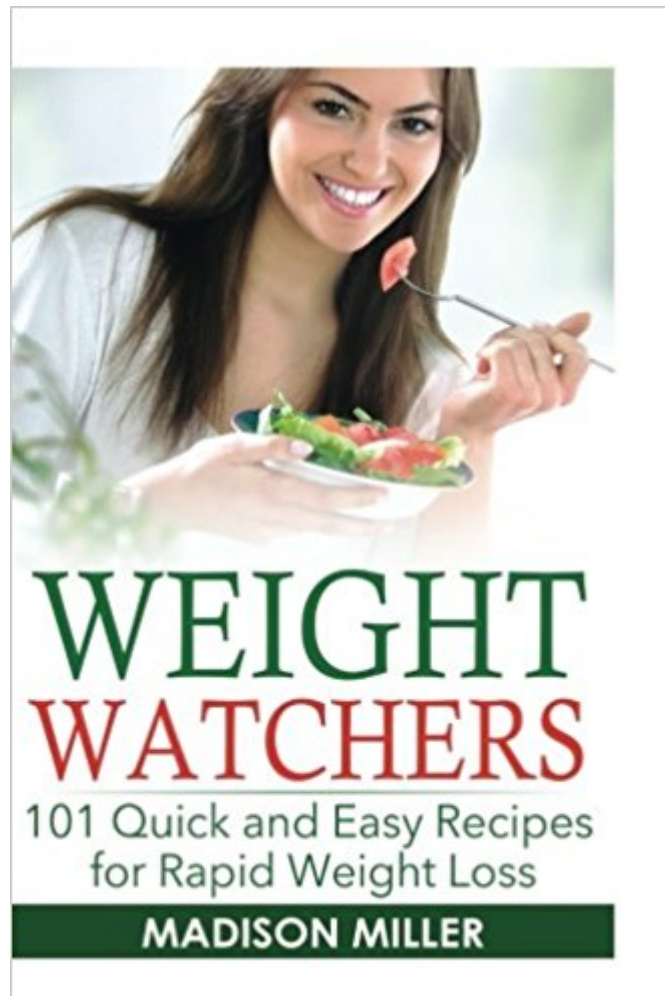




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Weight Watchers: 101 Quick And Easy Recipes For Rapid Weight Loss



Synopsis

Be healthy and fit with Weight Watchers and start enjoying your life to the fullest! What is the most difficult part of following a diet? For most people, it's simply having the time and energy to follow through with healthy eating for every meal and snack, every single day. Even with plans like Weight Watchers®, which make healthy choices and weight loss incredibly easy, our busy daily lives still make it a struggle. This book has been created to address this very problem with a bounty of delicious solutions. Here you will find recipes that can be created in thirty minutes or less, using just a few ingredients. It doesn't get much simpler than this! Each recipe comes with nutritional information and the Weight Watchers® SmartPoint® value to help you make eating choices that are best for you. From this point on, fitting nutritious, homemade meals into your schedule does not need to be a problem. Now you can focus on flavor and satisfaction with this delicious collection of easy, healthy, and simple recipes. Inside, you'll find: Rejuvenating breakfast recipes like the Energizing Breakfast Burrito and the Homemade Strawberry Bruschetta Satisfying Salads and Soups recipes like the Chicken Club Salad and Oyster Mushroom Egg Drop Soup Delicious and easy to prepare chicken recipes like the Chicken and Spinach Crescent Rings Wholesome pork, veal and lamb recipes like the Spiced Pork with Apples and the Pecan Lemony Veal Cutlets Nutritious beef recipes like the Italian Steak Rolls and the Beef Soba Bowls Delightful fish and seafood recipes like the Creamy Cucumber Salmon and the Angel Hair Tomato and Shrimp Pasta Vibrant vegetarian recipes like the Chickpea and Spinach Frittata and the Eggplant and Couscous Ragu Quick and easy side dish and snack recipes like the Lemon Walnut Quinoa or the Spinach Muffins Healthy dessert recipes like the Frozen Peanut Butter Cups or the Coconut and Cranberry Macaroons. Let's start cooking! Scroll back up and order your copy today!

Book Information

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Customer Reviews

Quick and practical Recipe ideas! I ordered 3 different ones and this is my favorite!

Some great recipes with real ingredients. NO artificial sweeteners, weird chemical sauces, etc. Just real food portioned out.

Great resource if you are following or a member of weight watchers. Book includes all nutritional information on each recipe as well as the smart points per serving. The only reason I removed a star is because sadly I couldn't personally use most of the recipes due to food allergies (seafood and dairy).

I found lots of recipes to try, very simple to make easy to obtain ingredients. This book will be very helpful to me can't wait to get started.

I am nine weeks into Weight Watchers and thought I should buy a couple of recipe books even though there are a ton of free recipes on their website. I am not actually into cooking but my husband is and he page marked a bunch of recipes that appealed to him. I am glad to have it as a resource for trying something new and smart point conscience.

This is not a picture cookbook. It's very simple and it's really good so far. I've made a side dish and a dessert and both have been delicious. Easy to follow recipes that taste really good. Glad to have it in my pantry.

I felt the book overall was a repeat of many already seen and made recipes, like a copy cat book, just change the brand of an ingredient like a certain type of Mayo... it offered very lil new recipes. Weight Watchers has tons of these recipes on the website, save your money.

Would be much better if it had pictures.

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