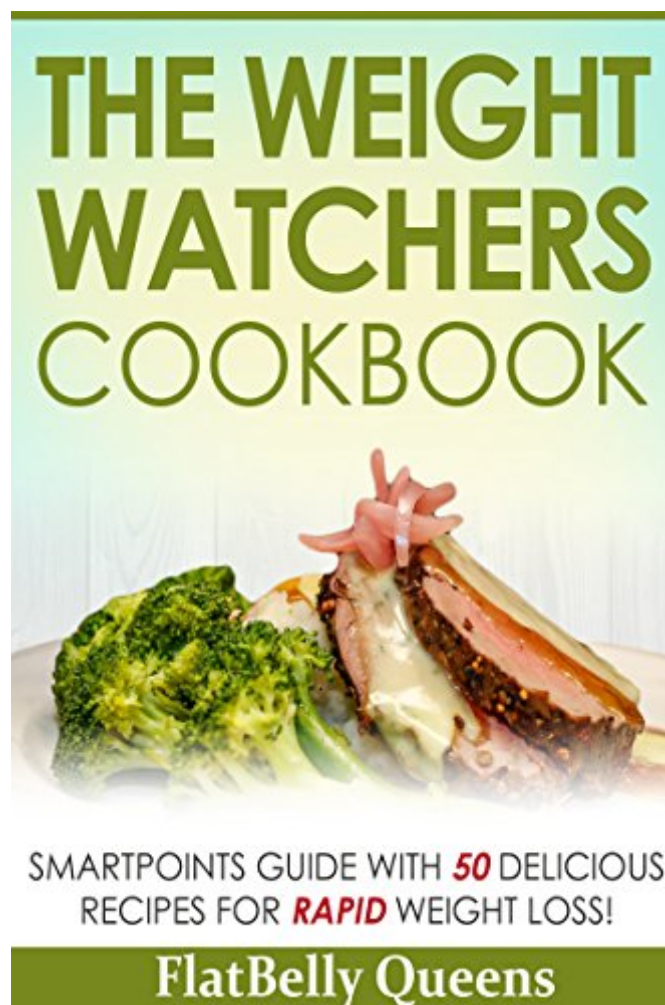




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The Weight Watchers Cookbook: SmartPoints Guide With 50 Delicious Recipes For Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book)





Synopsis

Achieve Your Weight Loss Goals with The Weight Watchers Cookbook This book is for busy professionals who would like to lose weight quickly using the Weight Watchers diet but don't know how to get started. We have condensed all our tried and tested solution into a simplified handbook that provides an effective weight loss plan for losing weight RAPIDLY! We will identify the key problem foods to eliminate from your plate and focus on foods which support a lean body. The Weight Watchers diet is designed to work with your body, not against it. And with a proven weight loss plan and delicious recipes you can use at home, you won't have to waste time or money on special powders, shakes, or monthly meal plans. The Weight Watchers Cookbook is your unique guide that will show you how to maintain your weight goals and eating regimen, as well as how you can still eat out, with tips that will help you enjoy food and still lose weight. Most other diet books give you a regimen then leave you to fend for yourself-- The Weight Watchers Cookbook will show you how to start a healthy eating plan that you can incorporate into your lifestyle for years to come. Examine This Book For A Full 7 Days 100% Risk FREE! That's right! If you are not 100% satisfied, you have seven days to go to "Manage Your Kindle" page and ask for a complete Refund. We have included a comprehensive weight loss report in the book as a free gift which is only available for a limited period. Some of our readers have reported back with unbelievable results when they combine the book with the report.

Book Information

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Customer Reviews

i loved eating Weight Watchers food, so this book helps give me great ideas for a different selection each day

Just started to read this book. I am on WW and trying to find different recipes to cook.

Good recipes!

I bought this book in hopes of getting some more ideas for main dishes. There is a very small section for this with only 6 recipes. And only 2 are 7 smart points or less, the other 4 are 10-11 smart points per serving. Very disappointed

I am not a cook who measures in grams and some ingredients I am Never heard of..sound like some very good recipe but not a book I would purchase.

Don't waste your time, just another author who can't write a cookbook for the common person with ingredients that we would normally have in our pantry.

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