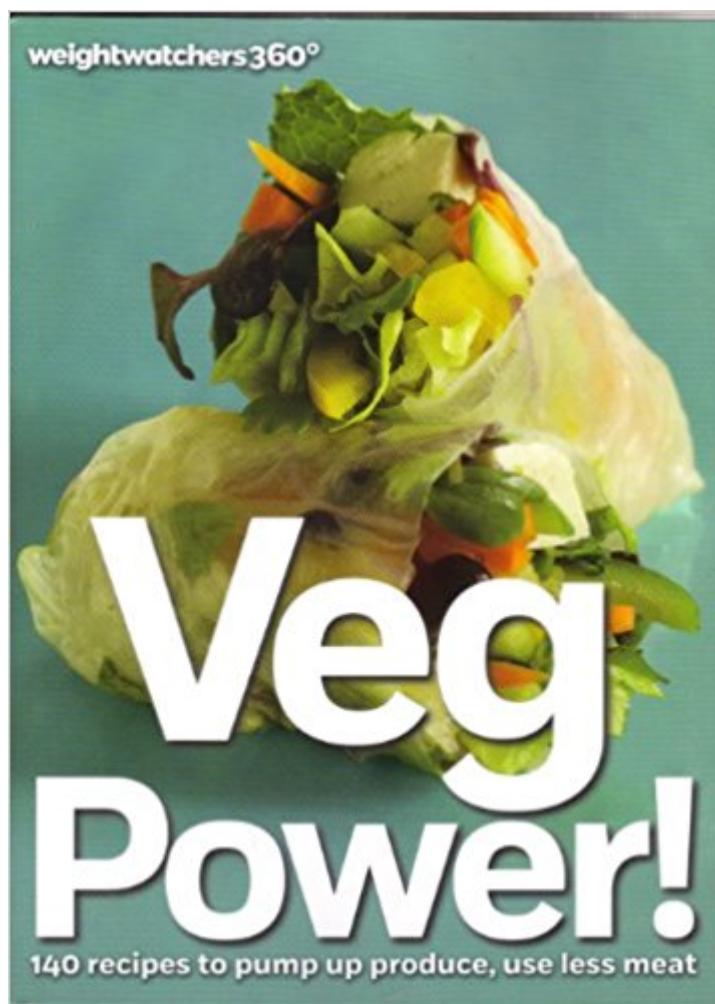


The book was found

WEIGHT WATCHERS 360 Points Plus Program Plan Veg Power Vegetable Cookbook



Synopsis

Like New, with appearance of little or no use. Free of any tears, curling, writing or highlighting. Pages are clean and not marred by notes or folds of any kind. Spine has no signs of creasing. Fast shipping, delivery tracking number, no-hassle return policy - your satisfaction is guaranteed!

Book Information

Paperback: 210 pages

Language: English

ASIN: B00BC6DVXY

Package Dimensions: 8.9 x 6.5 x 0.5 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.0 out of 5 stars 7 customer reviews

Best Sellers Rank: #492,893 in Books (See Top 100 in Books) #66 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

Like New, with appearance of little or no use. Free of any tears, curling, writing or highlighting. Pages are clean and not marred by notes or folds of any kind. Spine has no signs of creasing. Fast shipping, delivery tracking number, no-hassle return policy - your satisfaction is guaranteed!

a go to guide for those who are on weight watchers or just watching their weight. This is great, as it gives you a directory of points per recipe, so if you are on the plan, you can look up recipes by point value. Great idea towards the end of the day, when dinner comes and you've blown your points on fast food lunch.

Lots of great recipes

Great

It was sent in a timely manner but I didn't care for the content.

I'm not sure what the other reviewer is saying...more vegetables and less vegetarian food...doesn't compute. I've cooked 10 recipes in the book so far and each one is delicious. The recipes include bright colored vegetables full of antioxidants, and whole grain recipes (quinoa, wheat berries etc),

and they are super quick. A lot of the recipes have just a few basic ingredients that if you have those around the house, even better. (onions (red and yellow), Greek yogurt, lemon, lime, garlic, cumin, curry powder, salt, pepper, olive oil, and tofu). With a few exceptions, the main ingredients you need to invest in are vegetables and sometimes fruit. This is clean living.

This is my absolute favorite vegetarian cookbook. It covers all the bases: breakfast, lunch, dinner, slow cooker favorites, and a whole section on how to use non-meat substitutes in dishes that usually take chicken. I love that it gives a complete nutrition profile for every single recipe, and also has a "Can't Commit?" comment at the bottom of a few recipes that offer suggestions for including meat for family members who can't/won't do without it. Even if you don't do Weight Watchers, you should buy this book!

I only found one recipe I could use. Wish I could have seen some of the content before purchasing. I really thought it would give more recipes for vegetables, and not just a vegetarian cookbook.

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