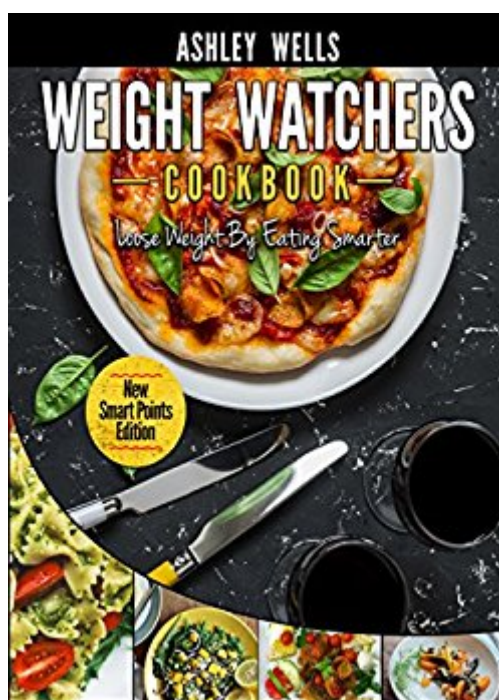


The book was found

Weight Watchers: Weight Watchers Cookbook ~ Smart Points Edition ~ Lose Weight By Eating Smarter (Weight Watchers Pocket Guide)



Synopsis

Do you want to lose weight? Do you want to lose it slowly and methodically so that you don't just put it all back on again? If you do, and you are serious about weight loss, then the *Weight Watchers Cookbook Smart Points Edition Lose Weight by Eating Smarter* is the book for you. With this simple and effective book, you can lose the excess pounds, still eat the foods you enjoy and look forward to a healthier lifestyle. Inside these pages, you will find all there is to know about this revolutionary way of losing weight, which has already been tried and tested by millions, including:

- What Weight Watchers is
- How to start losing weight with Weight Watchers
- What Smart Points are
- The basics of healthy eating

And, of course, you'll be treated to new and exciting recipes for breakfasts, lunches and dinners, along with treats like smoothies and desserts, so you can still treat yourself while seeing the weight drop off. Losing weight doesn't have to be hard work. Get your copy of *Weight Watchers Cookbook* today. It will transform the way you look at food and provide the motivation you need to lose that weight!

Book Information

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Customer Reviews

Weight Watchers is a popular program for losing weight and this book provides some information how to do that. The book gives an intro to Weight Watchers. If you've already read about it, you can probably skip this part. Chapter 2 is more interesting as it gives details on how to lose weight with Weight Watchers. Ch. 3 explains SmartPoints. The basics of healthy eating are then explained in Chapter 4. From Chapter 5 onwards, there are some nice recipes to get you started. These are both tasty and healthy so your diet shouldn't have to be a struggle. Recommended.

I appreciate that this book is fairly written and gives you which things to focus on first. In other words, this book knows what to prioritize first! This is a very helpful guide. It's well written and easy to understand. The book has information on how weight watchers diet works to help you lose weight and stay this way. This book can help to lose weight quickly, but it must be done very carefully and listen to your body that it tells. The aim of the Weight Watchers diet seem to emphasize on cutting down carbohydrates while increasing on healthy fats, proteins and vegetables. This book even gives recipe suggestions that can be used in conjunction with the tips and tricks included in this book. Awesome guide!

All the recipes that we've got made with this cookbook has been scrumptious and additionally mentioned to preserve all the house member happy. It is recommended definitely. If you have any interest to learn & know more about weight watchers and searching for a helpful cookbook, then I am pretty sure this book will be perfect for you. I found it helpful enough and throughout it I have learned lots of breakfast, dinner, lunch & dessert's healthy recipes. I has read several cookbooks on this same topic before but after reading this cookbook and knowing all these recipes, I have realized that it far better than all those cookbooks that I read before and now I am so pleased.

It is very motivational and does not overwhelm you with information. It takes you through a step-by-step procedure in which you can really learn and focus on losing weight which is actually helpful rather than focusing yourself with which food is fit to eat later. I appreciate that this book is fairly written and gives you which things to focus on first. In other words, this book knows what to prioritize first!

HiThis is a real nice book on weight watchers. It starts of by outlining in detail what weight watchers is and how it works and then it goes on to detail an extensive list of weight watcher recipes.And it

covers every kind of Meal type which you can care to imagine including breakfast, lunch, dinner, snacks and even appetisers! If you're new to weight watchers or have been in it a while and are looking out for new recipes which fit in with the weight watchers program then look no further!

From flawless sustenance, to impeccable cooking and immaculate sweet recipes to delve in. This diet book can truly help you to do your nourishment how you would have preferred to. This book is exceedingly suggested for those experiencing considerable difficulties what to eat consistently. That's why I grabbed this book when I came across it, I want to learn more. And learn more I did.

Straight to the point, concise and very helpful. This book has elaborated on the things or the characters that usually ruin our dietary plans and the healthy living. It's only been a few days since I started following the tips and advice from this book and I'm seeing improvements already. I even recommended the book to my best friend as she also loves cooking and was amazed by the flavors of these meals. With these recipes in your arsenal, you can be a happy, satisfied host no matter what the occasion. With all of this, I'd like to give this book a very high 5 STARS!.

The author started the book with an introduction to the weight watchers. This guide is so complete that it does not only explain everything about weight watchers diet but also about smart points including its benefits, and disadvantages plus how it works to help me live a healthy life style without sacrificing eating out with my family and friends. I liked especially the section about the importance of being active on a diet plan. Overall, I feel that this method is effective for losing weight. Highly recommended.

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