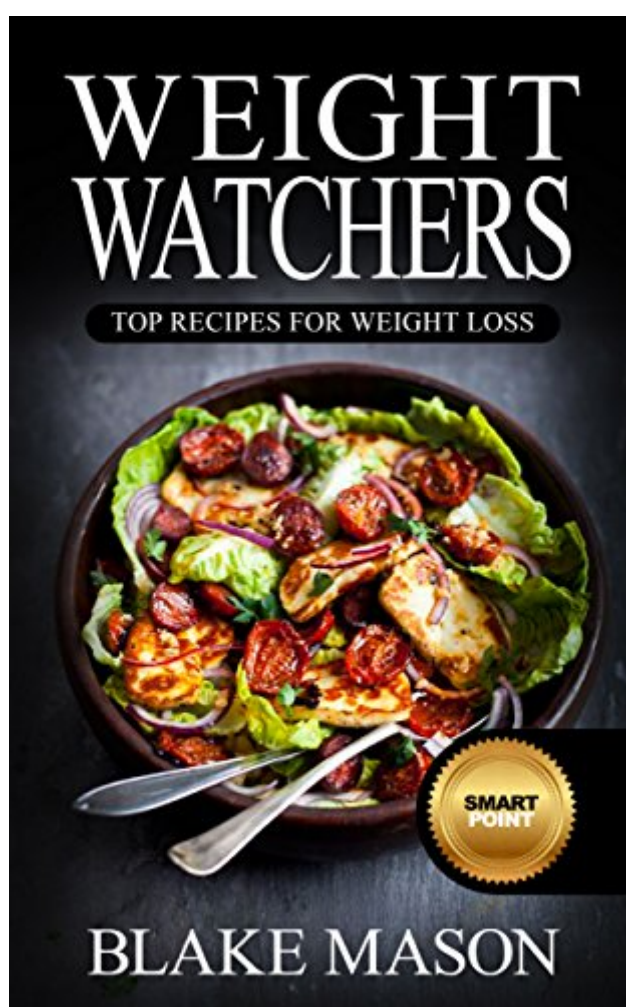


The book was found

Weight Watchers: The Smart Points Cookbook GuideÂ© With Over 320+ Approved Recipes & 1 FULL Month Meal Plan For Rapid Weight Loss (1 YEAR Of Recipes, Start The Easy Points Plus Diet)





Synopsis

If Creative Weight Watcher Recipes are What You Seek, then Look No Further. Over 320+ Delicious Breakfast, Lunch, Dessert & Snack Recipes & One Full Month Meal Plan included in this Book! Introducing the The Ultimate Weight Watcher's Guide... Why Weight Watchers? Weight Watchers Diet ranked #1 in Best Weight-Loss Diets, evaluated from 38 other popular diets! Follow this Lifestyle and You'll drop up to 2 pounds weekly EFFORTLESSLY. This program is the FASTEST way to lose weight GUARANTEED! Why? There's more to weight loss than counting calories – if you make healthy choices that fill you up, you'll eat less. Weight Watchers Program assigns a Smart Points value to each recipe based on its nutritional density. Smart Points is a simple counting system that nudges you towards nutritious, wholesome foods so that you make the correct dietary decisions and encourage you to eat cleaner, feel better, have more energy and of course shed pounds. Choices that are healthy and fill us up – cost the least, meaning nutritionally dense foods cost less than empty calories. The backbone of the plan is multi-model Access to Support from people who've lost weight using Weight Watchers and kept it off. This book will use a step-wise approach to take you through the Weight Watchers Program and further beyond into the practical application of making healthy and super tasty recipes. You will find a FULL nutritional breakdown at the end of each recipe, as well as Smart Points conveniently calculated! This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness. Click the Cover and view the WEALTH of practical Information presented inside. Think of the Weight Watcher Program like pushing the "reset" button with your overall health, relationship with food and your lifestyle habits. This book will teach you exactly what you need to know about the Weight Watcher Program as well as its many Advantages and Health Benefits. Some of the Profound Benefits You will Experience when consuming these Weight Watcher Recipes: Accelerated Fat Loss, Increase Energy Levels & Vitality, Appetite Control, Improved Mental Focus, Stabilised Blood Sugar Levels, Lower Cholesterol, Hormonal Balance. Here's A Sneak Preview Of The Easy-to-Prepare Recipes you will find in this book: Avocado Egg Boat, Bacon Crusted Quiche, Banana Almond Chia Pudding, Beef Breakfast Casserole, Belly Fat Loss Smoothie, Berry Breakfast Bowl, Blueberry Almond Smoothie Bowl, Blueberry Quinoa Power Breakfast Muffins, Blueberry Tortilla Breakfast Bowl, Breakfast Salad, Breakfast Sausage and Mushroom Casserole, Asian Lettuce Wraps, Baked Sweet Potato Fries, Bean Free Hummus and Veggies, Beef Stuffed Zucchini Boats, Bacon and Vegetable Frittata, Baked Beef with Mushroom and Squash, Balsamic Beef Crockpot, Bean Free Chili, Brazilian Shrimp Stew, Hazelnuts Chocolate Cream, Healthy Berry Ice Cream, Hemp and Chia Seeds Cream, Instant Coffee Ice Cream, Jam "Eye"

CookiesKiwi Fiend Ice CreamLemon Coconut PearlsLime & Vanilla CheesecakeAll meals contain Smart Points values as well as FULL nutritional Breakdowns!Over 320+ Amazing Recipes, One For Every Day of the YEAR!Purchase this book at it's lowest price and make your Weight Loss journey Effortless!

Book Information

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Customer Reviews

This book will definitely lead you to eating a healthy diet and have a healthy lifestyle! I love how the author started the book with the basic practices to stay fit and healthy which should be accompanied by eating healthy foods. The introduction to a hundreds of recipes was also presented well. This book allows the reader to choose from hundreds of recipes depending on one's preference. Like for me, I like the recipes with ingredients that are commonly found in my household. The content of each recipe, from the ingredients, to the steps in preparation and the nutritional facts are helpful. They can be easily understood.As a mother, I can imagine myself having this around me in the kitchen while I cook! I hope though that some if not most of the recipes

had pictures in them to make it more enticing. Will definitely cook these recipes!

This is a variety of awesome food choices. There are lots of simple but super delicious recipes on this cookbook. This is already my favorite recipe book for weight-conscious cooking. I just picked out a few recipes to serve today.

Great book!! The introduction to a hundreds of recipes was also presented well. This book allows the reader to choose from hundreds of recipes depending on one's preference. .Weight Watchers is a good guide that will help you maintain a standard body weight. Will definitely cook these recipes!

As a person that is quick to gaining weight and adding more fat,i am always on the look for diet plans and diet books.Weight Watchers is a good guide that will help you maintain a standard body weight.And the diets are not difficult to adjust to and follow.With the help of this book,I was able to try some of them and i think integrating them into your daily diet will not be difficult also.Good read.

The book has some great recipes although I'm disappointed the points value is so high for most recipes. If I have 30 points per day and one meal is 18 points, that doesn't leave much for the other meals. Also, I'm not sure what's up with the nutrition calculations, never seen them posted this way. For example the calories on one dish was 303,304, and the proteins are listed as 17,9. How do you understand that? This is not helpful to me. I don't know how to re-calculate to something I can understand and furthermore why should I have to?

I was disappointed with this book. I'm working hard with Weight Watchers and seeing success but am desperate to stave off food boredom. I bought this cook book hoping to find recipes I could make and eat now. It would have been so hopeful if the author had specified which phase of the diet plan this was for, because it's not for weight loss. Many, if not most, of the recipes have per portion point values that are either equal to half or almost equal to my entire day's worth of points. After going through the whole book, I found a few recipes that would both keep me within my points and looked like they might taste good. One other point to mention - it's pretty obvious this wasn't published with a publisher. The page numbers for the right hand side of the book are clear in toward the spine. In reality the right hand page should have had page numbers on the right lower side of the page. It makes finding recipes by page number a bit more challenging.

This book is the perfect guidebook for those who are conscious of their weight and appearance. True enough, there is nothing more important than having a healthier and a sexier body. The author shared lots of recipes that are complete from breakfast, main dishes, snacks and appetizers and even drinks. You are going to truly enjoy reading this book every time you prepare that hearty, healthy and delicious meal for your family.

This eBook contains an effective strategy on how to prepare a meal fit for day to day meals. The guide has delicious recipes and easy step by step guidelines on how to cook. The instructions are simple and easy to follow and the procedure is well laid out. This is one of the books that offered simple recipes that anyone can prepare with limited ingredients in the market. I would recommend it to those who want to have a healthier lifestyle.

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