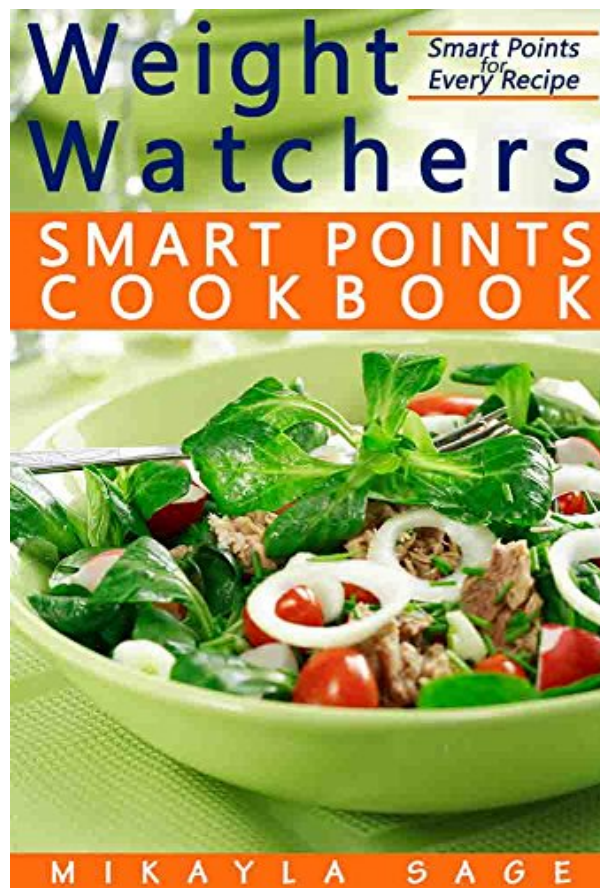
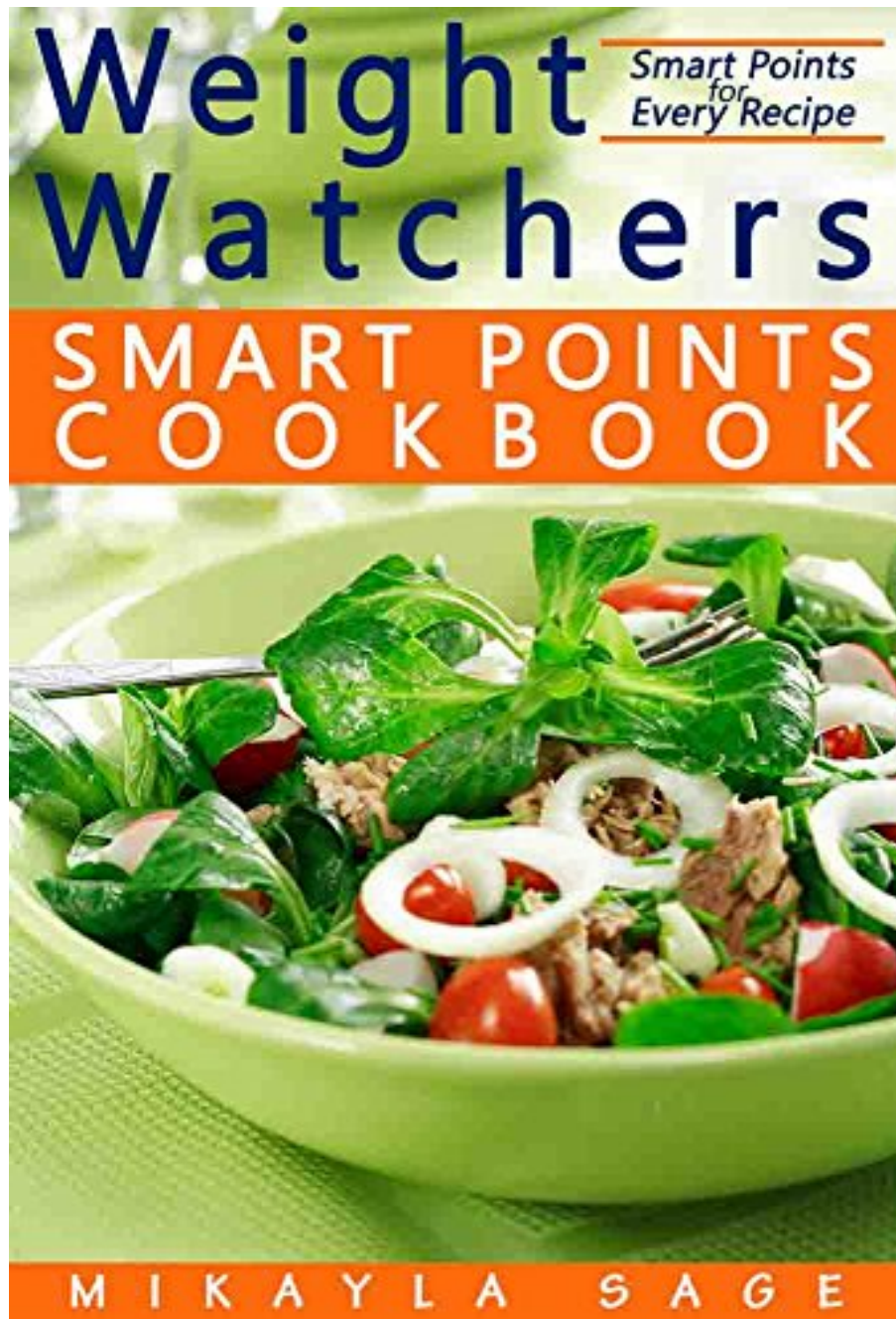


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If you want to get serious about losing weight then Weight Watchers is the way to go. Weight Watchers is an easy and enjoyable diet plan that is based on getting healthy and living life to the fullest!

An amazing collection of recipes specifically designed for the Weight Watchers Smart Points Diet!

When we cook delicious and healthy food at home, our bodies, our minds and our spirits are lifted by eating foods that are good for us - foods that nature intended for us to eat. If we eat natural foods instead of nasty processed foods our bodies will thank us for it. We aren't eating just to live, we are eating to enjoy and appreciate what our planet has provided for us. So many people are on the Weight Watchers diet and it is no surprise why as the results speak for themselves. By eating in this way you can expect to lose fat your body does not need, have increased levels of energy and your overall health will improve. You will have a more effective immune system when you are looking after your body and eating the right kinds of food, and you will be able to concentrate more and you will reduce your risk of some major diseases.

Smart Points and complete nutrition facts for every single recipe!

This cookbook is specifically made for the latest and best iteration of the Weight Watchers Diet: SmartPoints. SmartPoints are based on the food's calorie, sugar, saturated fat and protein levels. Each of the recipes has the SmartPoint value and nutritional information listed clearly along with the recipe to make it as simple as possible to keep an eye on what you're eating. Oh, and just because this is a diet, that doesn't mean you need to miss out on amazing food. All of these recipes are delicious and nutritious! There's enough recipes to keep you from becoming fed up with eating the same old food too.

Greet Each Moment With A Smile

This is not a diet filled with boring and tasteless food, this is a healthy living lifestyle. If you enjoy the food you are eating and you are positive about the diet changes you are making, then you will succeed. Don't come into this with a frown, that's not going to get you anywhere! Be open and smile because you're about to feel better than ever before. All you need to do is track your Smart Points and while enjoying delicious food at every meal. This cookbook makes it easy by including SmartPoints values for every single recipe! The Weight Watchers Diet is straightforward and filled with variety, and by using this book you will have plenty of tried and tested recipes to dig into and it won't cost you an arm and a leg - in fact, it will cost less than a trip to a fast food joint. You don't need to be a professional chef to produce these fantastic meals

because they are not only healthy and delicious, but they are also simple to make.

Invest in your health!

If you are serious about losing weight and getting fit, and you want to do it by eating fresh, amazing food and following a fun diet that has worked for thousands of people around the world, then don't miss out! Grab this cookbook today and feel healthier, younger, and more energetic than you have in years!

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- Released on: 2017-01-23
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Most helpful customer reviews

8 of 8 people found the following review helpful.

Lots of great WW recipes, ALL WITH SMART POINTS!!

By Alkes Quick

This is definitely a top-tier collection of Weight Watchers recipes!

This cookbook contains only recipes that are appropriate for WW. More importantly, every recipe lists the smart points, which puts it way ahead of more than half of the WW books I've bought on here. Too many WW books are based on points plus which is a worse system that WW doesn't even use any more.

Smart points is the best system for losing weight fast without suffering or starving because it is based on counting and tracking only the foods that make you fat and unhealthy and doesn't penalize you for eating healthy foods.

This cookbook has about 70 recipes and they are divided into sections by the main ingredient (fish, vegetarian, chicken, etc). I love that there is also a dessert section and the ones I've tried so far have pretty low points because they don't have added sugar but they are still really good!

I love WW because I know it works and this cookbook has me super excited to really kick my commitment to WW into high gear because the recipes are so good and because beach season isn't that far away!

6 of 6 people found the following review helpful.

Detailed explanation of smart points..

By Ally Gold

The book explains weight watchers in detail and looks at the weight watchers programs which basically encourages persons to eat within a set number of points daily The book has healthy and interesting recipes as well and overall makes a good program for persons on a weigh loss journey.

1 of 1 people found the following review helpful.

but also the nutritional facts and the smart points.

By Beautiful Gong Shim

This book doesn't only have program of losing weight but also has some healthy and delicious recipes that I could make. I had tried several weight loss diet methods in the past but I'm still searching for the one whom I could fit in. I never tried weight watchers before but I wanted to follow its diet plan. The recipes provided are also aligned with the concept of the Weight Watcher because not only it gives us a recipe with how to do thingy, but also the nutritional facts and the smart points.

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