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Weight Watchers Everyday Delicious 2017 Smart Points Cook Book



Synopsis

With appetizing recipes for every meal-plus snacks- Everyday Delicious inspires you to mix and match what you'll eat each day to add up to your Daily SmartPoints® target. Inside you'll find: Breakfasts and lunches that serve 1 or 2 or more. Some can be made ahead and stored for busy mornings or as packable lunches. Doable dinners that serve 4 or more so you can spend time with family or friends, even on a weeknight, enjoying great food together. 40 super-simple snacks, all 3 SmartPoints or less, that will satisfy any morning, afternoon, or evening craving. Plus we include: Ten 30 SmartPoints daily plans for meal ideas A comprehensive check-off shopping list of what you'll need to prepare the recipes inside A list (not too long!) of kitchen equipment every cook needs Look for Make it a Meal tips for easy low or 0 SmartPoints meal add-ons and Cook's Tips for ingredient substitutions, cooking advice, and serving suggestions. And you'll find icons to indicate recipes that are ready in 20 Minutes or Less, No Cook, Vegetarian, and Gluten Free.

Book Information

Workbook

Publisher: Weight Watchers

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Package Dimensions: 9.2 x 6 x 0.7 inches

Shipping Weight: 15.2 ounces

Average Customer Review: 3.8 out of 5 stars 3 customer reviews

Best Sellers Rank: #159,958 in Books (See Top 100 in Books) #16 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #454 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

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Make it a Meal tips for easy low or 0 SmartPoints meal add-ons and Cook–f– Tips for ingredient substitutions, cooking advice, and serving suggestions. And you–f– will find icons to indicate recipes that are ready in 20 Minutes or Less, No Cook, Vegetarian, and Gluten Free.

I do weight watchers so it's a great book for the plan.

It's ok...however, I decided to return it.

Good book!

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