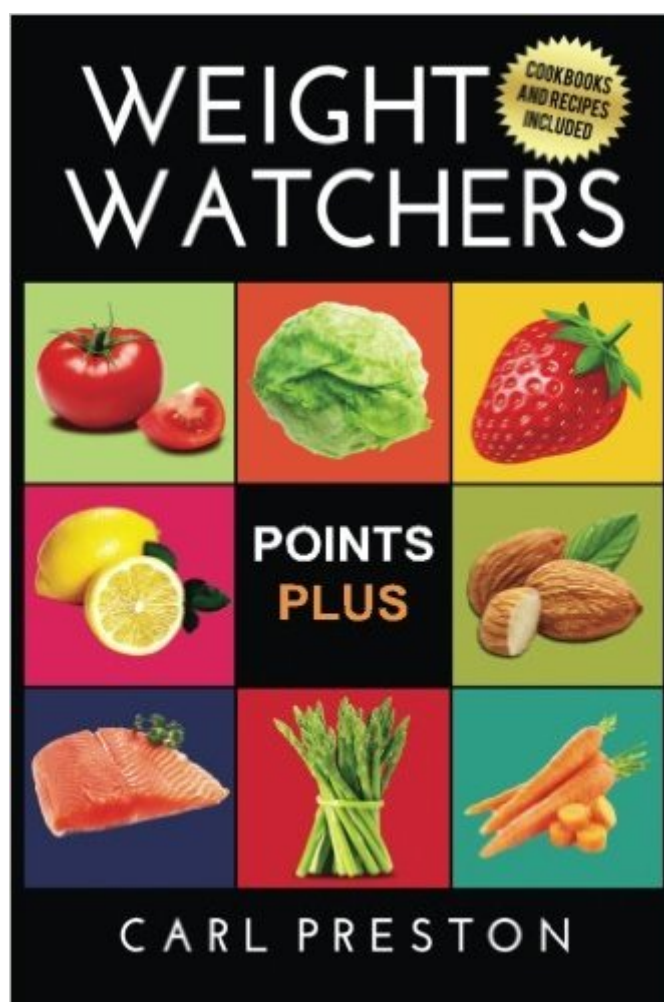


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Points Plus, Weight Watchers Smart Points, Weight Watchers Magazine, Weight Watchers 2016

## Book Information

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## Customer Reviews

When people see Weight Watchers, they always think calorie counting, and don't want to do math with a meal. Weight Watchers evolved with the Points Plus program. They realized a calorie isn't as important as the type of calorie. If you intake the same calorie count of high fructose milk chocolate, and broccoli, which do you think would be more beneficial? They listened to the Harvard study, and curtailed their program accordingly. This cookbook is unique in it's goal. It infuses you with good instead of junk calories. There are A LOT of recipes here, so wondering what to eat should never be a factor. Start your weight loss quest with the correct ammo to battle the bulge with this nuclear smart bomb of a cookbook. Now you have no excuses.

Points plus, calculating your intake. good system to have. with a point calculator for added help, this book definitely was getting good **REVIEW POINTS FROM ME**. preparing the corn and beans salad I enjoyed a lot. This book is packed with dozens of great recipes I have only tried a few but I will be trying at least 2 new recipes every week. so far I have been pleased with my purchase of this book. I was able to understand the ingredients and instructions very easy to follow. Great book for weight watchers.

This book is completely inaccurate and does not tell you how many servings per recipe. The very

first recipe is "cheesy chicken and spaghetti casserole." It calls for chicken, pasta, cream of mushroom soup and a few other things yet claims its 0 points. I am highly disappointed and am looking into how to return it.

Carl Preston shared his sets of cookbooks that comprises of more than 365 recipes concentrated on Mediterranean diet like the Berries with eggs and Almond milk, the Atkiens Diet and the low carb diet that affects weight loss. He inspires his readers to watch over their weight that they may enjoy in their lifetime. His recipes were designed to cook in an Instant Pot that can serve meals and cuisine of all taste and preferences you may enjoy. With these informations he shared, these books are highly recommended as guide to adopting such diet to gain a healthy lifestyle.

This book is a wonderful resource for healthy and easy meals. This book is packed with dozens of great recipes I have only tried a few but I will be trying at least 2 new recipes every week. This collection of books is a great bargain for a number of healthy recipes that can keep you busy for a long time. This cookbook is unique in it's goal. It infuses you with good instead of junk calories. By reading this book you will learn how to use these tips and apply them in your real life and become healthy.

This is truly an extraordinary cookbook. Huge amounts of formulas that are anything but difficult to make and call for the most part close by or simple to-get fixings. Exceptionally delicious for being so low in fat and calories. I bought this cookbook as I am planning to try and cook healthier food while losing weight.

Watching weigh after gaining much is very difficult. However some diet plan can make it easier for you. Here you will find information about Mediterranean diet, Instant pot diet, Atkins diet and Whole food diet. You can select any of them as all of them are effective in controlling weight. Try on this book for having a better life.

Interesting to read.A variety of cooking methods are used, and many different styles are represented.This book has exceeded expectations for me. I love how simple the recipes are...and also how tasty.Great Read and Interesting.

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