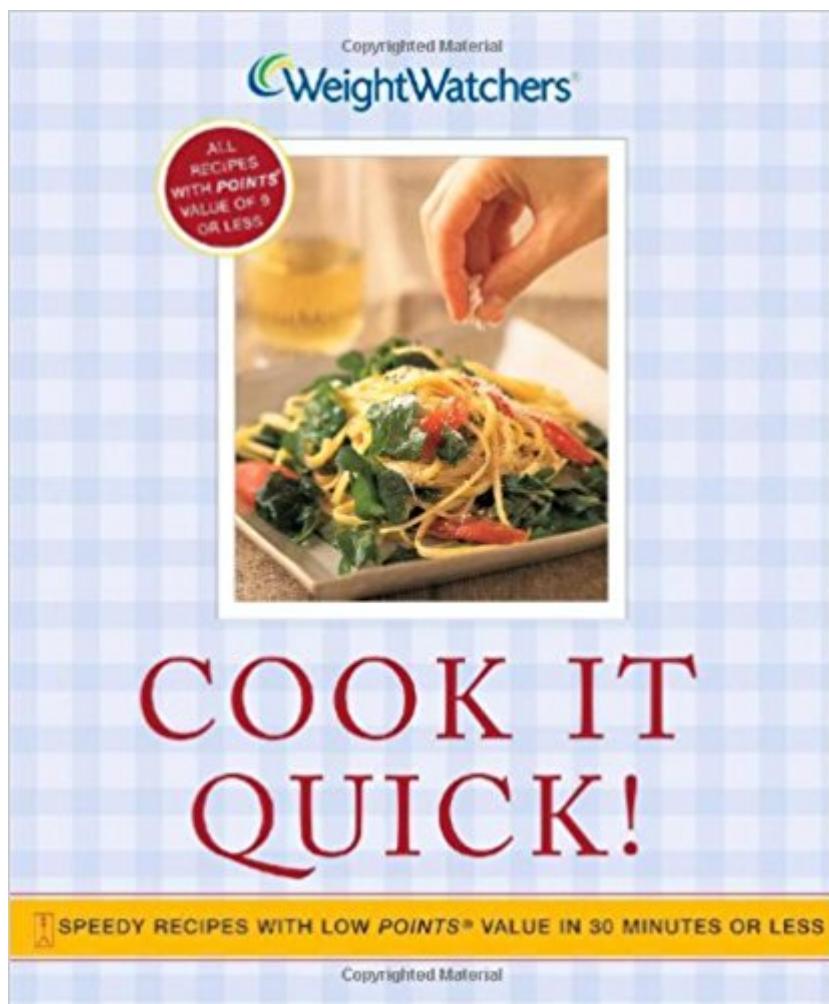


The book was found

Cook It Quick!: Speedy Recipes With Low POINTS Value In 30 Minutes Or Less



Synopsis

Got a half hour or less? Then you can solve your dinnertime dilemma quickly, healthfully, and deliciously! In today's overworked world, busy people have less and less time to cook the healthy, enticing meals their families crave. But now, Weight Watchers Cook It Quick! takes some of the work out of your workday by supplying you with fabulous fix-it-fast ideas for all your evening meals. Based on the FlexPoints® Weight Loss System, Cook It Quick! is packed with more than 150 speedy, savory recipes, and also offers helpful hints for easy substitutions and tasty tips for making these recipes even faster and more mouth-watering. Each exciting recipe includes complete nutrition information and points value— and will never take you more than a half hour to cook! With so many fantastic 30-minutes-or-less recipes at your fingertips, what are you waiting for? Just check out what's in store for you within these colorful, tempting pages: -Salads to Sink Your Teeth Into -Savory Soups & Stews -Pizza, Sandwiches, & Wraps -All-in-the-Family Favorites -Everybody Loves Pasta (Grains, too!) -Flash in the Pan: Stir Fries & Skillet Suppers -Elegantly Easy -About Last Night...Slow-Cooker Recipes -Plus an extra special bonus: 10 in 15: Best Ever 15-Minute Recipes!

Book Information

Paperback: 192 pages

Publisher: Touchstone; First Printing edition (January 6, 2004)

Language: English

ISBN-10: 0743245962

ISBN-13: 978-0743245968

Product Dimensions: 7.5 x 0.4 x 9.1 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 44 customer reviews

Best Sellers Rank: #411,063 in Books (See Top 100 in Books) #56 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #203 in Books > Cookbooks, Food & Wine > Cooking Methods > Budget #872 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

Since 1963, WEIGHT WATCHERS has grown from a handful of people to millions of members annually. Today, Weight Watchers is recognized as one of the leading names in safe and sensible weight control. Weight Watchers members form a diverse group, from youths to senior citizens,

attending meetings around the globe.

I've actually owned a few of these cookbooks. I can't live without this particular WW book. If you are tired of the same 'ole food, and just don't have the energy to cook gourmet meals, this is your book. No one will know the difference. Most foods taste like you've spent hours putting them together. Cook It Quick has great pictures -- so you know what the meal is supposed to look like. The recipes in this book are great for anyone, not just people following a diet. My children even like cooking out of this book. Of course I oversee what they are doing, but the recipes are very easy to make. The best things about this book are:-Good Variety-Great photos-Very speedy meals-Easy to make-Kids like it too

I have owned and used this cookbook for a while now. The recipes are very good. However, this cookbook is quirky, and one particular aspect of it drives me crazy, and is why this cookbook will only receive a 2 star rating from me. Here's the HUGE problem with this book.... there is no proper index and no Table of Contents. That's right, once you cook and enjoy a particular recipe, you can never find it again! I've never seen a cookbook without an index before. It's crazy! What they have at the end of the book is just a listing of all the recipes, alphabetically, for each chapter. So, let's say I'm trying to find a chicken recipe. I end up having to read through the list of recipes in EVERY chapter, from the Salad chapter to the Stir-fry chapter to the "Family Favorites" Chapter, etc, as EVERY chapter includes chicken recipes! It's ridiculous. The other thing I'll mention is just quirky.... in this "Cook It Quick" book, there is a Chapter full of SLOW Cooker recipes! That's just funny! Otherwise, the recipes are fine, and it's nice having the WW point values and nutritional information. The book is printed on nice paper and there are several glossy photos. For the life of me, I just can't imagine what they were thinking, when they omitted a proper index. So, I am stuck putting bookmarks in all the pages, so I can find the recipes I use repeatedly. Hope this review helps someone else.

Great book. Just like the title says "Cook it Quick!" Nice to have a book that uses items from the pantry and no need to purchase special "stuff" to make the recipes. Appreciate the fact that the recipes have serving size as well as Calorie, Carb, and other counts. I have family members that need this specific information and it's great to have it provided with the recipe. Also helps when the recipe indicates exactly what a serving size is (1 cup or the number of ounces in a serving). I'd recommend Cook It Quick! to others.

This cookbook provides a plethora of options for staying on track and not spending hours at the stove after working all day. I enthusiastically endorse this for people who absolutely hate to cook, but need a change of pace from eating all of the "regular Weight Watchers stuff."

This is a really great cookbook. It's easy to use. The ingredients are all commonly found in your local supermarket and the recipes are clear and easy to follow. I do find that these recipes sometimes take longer than for me but it's because I'm slower on the prep time. I always run into this issue with the "quick" cookbooks though. I've made a number of the recipes in this one and all of them have been really good so far.

I've been using Weight Watchers cookbooks for at least 20 years. While the older cookbooks were kind of hit or miss, I must say that in the last few years the cookbooks have improved to the point that everything I've tried has been a hit. This one is really a winner! The Sweet and Sour Pork, while not a traditional sweet and sour recipe (it's sweet but doesn't contain any "sour," such as vinegar or lemon juice), is very flavorful and a real favorite in our house. Everything I've tried so far has turned out great and, as billed, is quick and easy to make. It's so great to have a repertoire of recipes that you can make at the last minute on your busiest days. My husband doesn't even realize he's eating Weight Watchers recipes! They are that good.

I love that each recipe has calculated points. And believe it or not, almost every recipe uses minimal points per meal. Tasty recipes for the calorie conscious...and easy to make. Definitely an appreciated addition to my collection.

This cookbook lives up to its name and has won rave reviews from my somewhat picky family!!! Easy to make, reasonable ingredients and love the low point values while trying to do WW. Faves are the Apricot Chicken and Sausage Rolls.

[Download to continue reading...](#)

Cook It Quick!: Speedy Recipes with Low POINTS Value in 30 Minutes or Less Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1)

Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: In 20 Minutes - Over 60 Easy One Skillet Recipes in 20 Minutes Or Less (Low Carb Cookbook, Low Carb Diet Cookbook, Low Carb Cookbooks) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginnerâ™s Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Smart Points Spiralizer Cookbook: 50 Skinny Spiralizer Recipes With Smart Points-Turn Vegetables Into Low Points Pasta Alternative Type 2 Diabetes Cookbook : QUICK and EASY - 60 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Chicken, Beef, Pork, Lamb and Vegetarian Recipes that are done in 45 minutes or less Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Quick Keto Meals in 30 Minutes or Less: 100 Easy Prep-and-Cook Low-Carb Recipes for Maximum Weight Loss and Improved Health Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Keto Bread Cookbook : (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Sodium Cookbook: Enjoy The Low Sodium Diet With 35 Tasty Low Sodium Recipes (Low Salt Diet) (Low Salt Cooking Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)