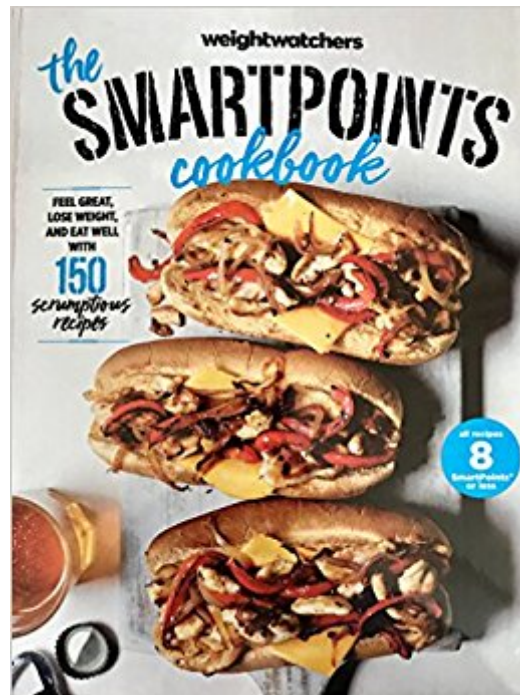




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Weight Watchers The SmartPoints Cookbook



Synopsis

Experience the power of SmartPoints®! Dive into 150 irresistible, absolutely healthy recipes that are full of flavor and designed to speed your weight loss. What's unique about our recipes? We've packed them with protein, loaded them with fresh produce, and kept them low in saturated fat and refined sugar. That's the SmartPoints formula, part of a plan that helps you eat well, feel great, and reach your goals. We've even included a special chapter with some of the most mouthwatering fruit desserts we've ever made, plus a bonus section featuring the best recipes for popular convenience foods. The best part? Every easy-to-follow recipe has a value of 8 SmartPoints per serving or less! Product Highlights 150 recipes over 70 gluten-free recipes includes recipes that work with Simply Filling

Book Information

Paperback

ASIN: B01N1K3IW3

Package Dimensions: 8.4 x 5.8 x 0.7 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 4.2 out of 5 stars 5 customer reviews

Best Sellers Rank: #121,762 in Books (See Top 100 in Books) #12 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

Experience the power of SmartPoints®! Dive into 150 irresistible, absolutely healthy recipes that are full of flavor and designed to speed your weight loss. What's unique about our recipes? We've packed them with protein, loaded them with fresh produce, and kept them low in saturated fat and refined sugar. That's the SmartPoints formula, part of a plan that helps you eat well, feel great, and reach your goals. We've even included a special chapter with some of the most mouthwatering fruit desserts we've ever made, plus a bonus section featuring the best recipes for popular convenience foods. The best part? Every easy-to-follow recipe has a value of 8 SmartPoints per serving or less! Product Highlights 150 recipes over 70 gluten-free recipes includes recipes that work with Simply Filling

Weight Watchers Smart Points Guide & Cookbook exceeded my expectations, as a health conscious like me, I always need some cook books while I think of what to have for dinner and lunch and for some of my folks here without a lot of carbs. This book is simple yet there has a lot of delicious

recipes. There's a bonus feature too, the cook's note. So if you're gonna go on health watch. I can recommend this book! Thumbs up!

Super recipe book! I've used many of the recipes and they are very tasty.

Excellent cookbook, lots of recipes that don't require lots of effort to cook. I tried the Slow Cooker Caribbean Black Beans, is a Mouth watering recipe!!!, you must try. I Will definitely try more from this cookbook.

Not as good as I had hoped for. All the previous reviews I read on this item is the resin I purchased it. After receiving the book, I am not impressed. It does have a lot of recipes, but not a lot that my husband and I would enjoy.

Tons of easy dishes that appear to be more fancy & tasty.

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