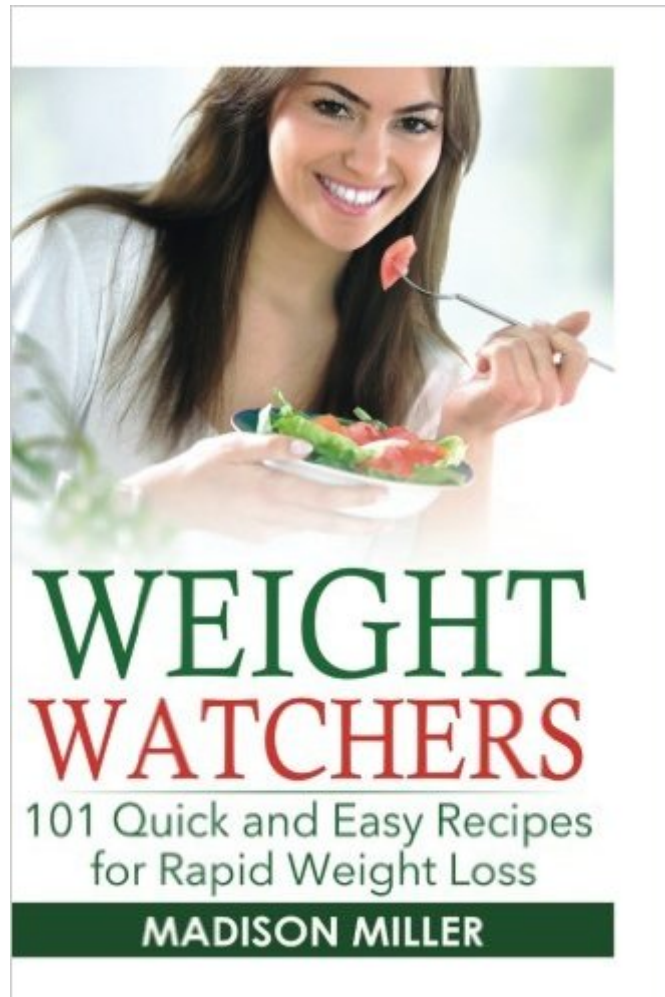


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# Weight Watchers: 101 Quick And Easy Recipes For Rapid Weight Loss



## Synopsis

Be healthy and fit with Weight Watchers and start enjoying your life to the fullest! What is the most difficult part of following a diet? For most people, it's simply having the time and energy to follow through with healthy eating for every meal and snack, every single day. Even with plans like Weight Watchers®, which make healthy choices and weight loss incredibly easy, our busy daily lives still make it a struggle. This book has been created to address this very problem with a bounty of delicious solutions. Here you will find recipes that can be created in thirty minutes or less, using just a few ingredients. It doesn't get much simpler than this! Each recipe comes with nutritional information and the Weight Watchers® SmartPoint® value to help you make eating choices that are best for you. From this point on, fitting nutritious, homemade meals into your schedule does not need to be a problem. Now you can focus on flavor and satisfaction with this delicious collection of easy, healthy, and simple recipes. Inside, you'll find:

- Rejuvenating breakfast recipes like the Energizing Breakfast Burrito and the Homemade Strawberry Bruschetta
- Satisfying Salads and Soups recipes like the Chicken Club Salad and Oyster Mushroom Egg Drop Soup
- Delicious and easy to prepare chicken recipes like the Chicken and Spinach Crescent Rings
- Wholesome pork, veal and lamb recipes like the Spiced Pork with Apples and the Pecan Lemon Veal Cutlets
- Nutritious beef recipes like the Italian Steak Rolls and the Beef Soba Bowls
- Delightful fish and seafood recipes like the Creamy Cucumber Salmon and the Angel Hair Tomato and Shrimp Pasta
- Vibrant vegetarian recipes like the Chickpea and Spinach Frittata and the Eggplant and Couscous Ragu
- Quick and easy side dish and snack recipes like the Lemon Walnut Quinoa or the Spinach Muffins
- Healthy dessert recipes like the Frozen Peanut Butter Cups or the Coconut and Cranberry Macaroons.

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## Book Information

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A very easy and delicious collection of recipes. Necessary info to help me stay on track. I recommend this recipe correction.

Yummy receipes

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