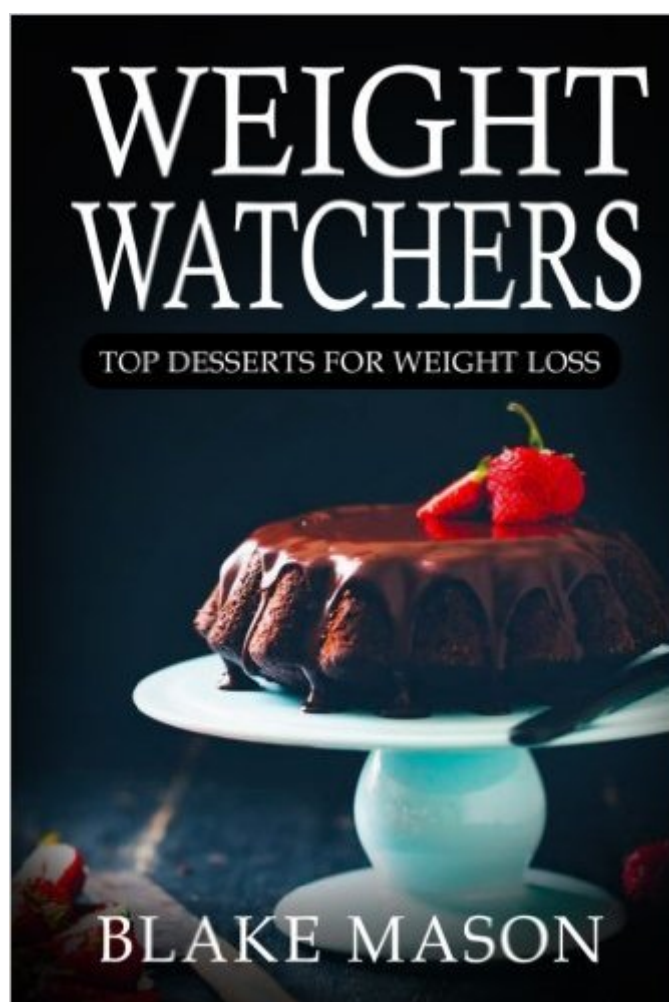


The book was found

Weight Watchers: Top Desserts For Weight Loss: The Smart Points Cookbook Guide™ With Over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start The Easy Points Plus Diet)





Synopsis

If Creative Weight Watcher Desserts are What You Seek, then Look No Further. Welcome to the Most Delicious and Enjoyable way to Lose Weight and stay in Fantastic Shape! Believe it or not, cutting down on processed sugar while on the Weight watcher Diet does NOT mean saying goodbye to delicious snacks and desserts! In this book, we share with you a variety of mouthwatering Weight Watcher Friendly sweet treats that come together quickly and easily! These recipes all contain heart-healthy fats and bold flavours that are sure to satisfy your sweet tooth. These Desserts & Treats are quick, simple and satisfying. They are also packed full of metabolism-boosting and belly-fat-burning goodness! Not to mention the added micro-nutrients, vitamins, minerals and superfoods in some of these indulgent little recipes. You will find a FULL nutritional breakdown at the end of each recipe, as well as Smart Points conveniently calculated! Some of the Profound Benefits You will Experience when consuming these Weight Watcher Recipes: Accelerated Fat Loss, Increase Energy Levels & Vitality, Appetite Control, Improved Mental Focus, Stabilised Blood Sugar Levels, Lower Cholesterol, Hormonal Balance. Here's A Sneak Preview Of The Easy-to-Prepare Recipes you will find in this book: Blueberry Cheesecake Ice Cream, Homemade Cannoli Cones, Weight Watchers Key Lime Pie, Guilt-Free Rice Krispies, Chocolate Coated Marshmallow Squares, Juicy Strawberry Pie, Crazy Delicious Meringue, Heavenly Cake Mix Cookies, Homemade Glazed Donuts, Citrus Sorbet, Oatmeal Cookies, Zesty Soufflé, ©Weight Watchers Chocolate Pudding, No-Bake Choco Peanut Butter Cookies, Coconut Macaroons, Weight Watcher's™s Banana Bread, Apple Bundt Cake, No-Bake Choc-Whip Pie, Vanilla Pumpkin Smoothie, Chia Pudding, Creamy Pumpkin Pudding, Caramel Coated Pears, Instant Pineapple Cupcakes, Granola Bombs, Cookies & Cream Cups, Caramel Lover's™s Dream. Who says Weight Watchers means no sweets?? ... Start your journey to ultimate health and vitality today! ...

Book Information

Series: Weight Watchers Desserts, Start the Easy Points Plus Diet

Paperback: 114 pages

Publisher: CreateSpace Independent Publishing Platform (August 2, 2016)

Language: English

ISBN-10: 1536921106

ISBN-13: 978-1536921106

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (43 customer reviews)

Best Sellers Rank: #63,657 in Books (See Top 100 in Books) #27 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

Wow, this book has seriously 100+ dessert recipes that are Weight Watchers based. How cool and healthy this could be then? I think this book will also prove that staying healthy does not mean not eating at all, especially desserts! And each recipe comes with some "heart-healthy fats and bold flavours hat are sure to satisfy your sweet tooth." What more can anyone ask then? I find this book a great companion in losing weight and in making sure one is not deprived to eat well too.

This is an excellent diet plan guide. Weight Watchers: The Smart Points Diet Plan: Delicious Recipes For Rapid Weight Loss. In this book you see a diet plan that can help you lose weight and a list of delicious recipes for rapid weight loss. It may have come to recognize when your daily diet So I read this book not entirely sure what I was going to get from it. I have got to say it ticked every box because the whole system is based on smart points which means you don't need to count every last calorie but take note of the points for each meal or each food type and ensure that you keep within your daily points total. With the recipes/meals being so tasty you can eat really well, having meals that are tasty and nutritious and still lose weight at the same time.

I love this cookbook! It contains a large variety of recipes. Recipes are delicious and really quick to prepare. Most of the recipes will take less than hour to prepare. They are simple enough to make, but delicious enough to impress your friends and family.

Just what I need while having my weight monitoring. In this book, I was able to see a variety of mouthwatering Weight Watcher Friendly sweet treats that come together quickly and easily. These recipes all contain heart-healthy fats and bold flavors hat are sure to satisfy our sweet tooth without a guilt why we ate so much that could affect our health.This book is also packed full of metabolism-boosting and belly-fat-burning goodness while enjoying eat.

It is important to be vigilant with what food we put into our system because it will either make or break our body's function and overall organization. Its nice that the book presented various factors that contributes to a healthy lifestyle. I am a dessert enthusiast as we speak and my metabolism

does not cooperate with me. Good thing that I came across this book which offers approved dessert recipes without worrying about weight gain.

Little did I know that being on this diet could be so much fun! I honestly didn't expect these tasty desserts while watching my size, BUT best believe it they're very healthy for the body. The dessert recipes I love so much are the weight watchers mini cheesecakes as well as the blueberry cheesecake ice cream. These recipes shared has really helped in my life and I'm grateful to my friend who had recommended this book.

Weight Watchers emphasizes lifestyle changes, not just what you eat, but when you eat, how much you eat, plus the addition of exercise to keep your body moving strong. Most diet plans either exclude specific foods, which can be unhealthy and lead to organ failure, or limit your foods to only one thing, like a protein shake, which sets you up for failure when you have lost your weight. This is a helpful guide for anyone.

This book is the perfect guidebook for those who are conscious of their weight and appearance. True enough, there is nothing more important than having a healthier . This is an excellent diet plan guide. The book lists information about Weight Watchers, and why it works, as well as plenty of tips for weight loss. This weight watcher book will give you the perfect diet plan to have a rapid weight loss and achieve the body you want in a short period of time. Overall, it's a great helpful guide.

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

Weight Watchers: Top Desserts For Weight Loss: The Smart Points Cookbook Guide~ © with over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start the Easy Points Plus Diet)
Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016
Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Watchers: The Smart Points Cookbook Guide~ © with over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start the Easy Points Plus Diet) Weight Watchers: Top Recipes For Weight Loss: The Smart Points Cookbook Guide~ © with over 320+ Approved Recipes & 1 FULL Month Meal Plan (1 YEAR of Recipes, Start the Easy Points Plus Diet)
Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes) Weight Watchers: The Smart Points Cookbook Guide~ © with over 320+ Approved Recipes & 1 FULL Month Meal Plan For Rapid Weight Loss (1 YEAR of Recipes, Start the Easy Points Plus Diet)

Weight Watchers: Top Slow Cooker Recipes: The Smart Points Cookbook Guide™ with over 65+ Approved Slow Cooker Recipes (Start The Points Plus Meal Plan) Weight Watchers: 3 in 1 Box Set - The Smart Points Cookbook Guide™ with over 480+ Approved Recipes (Start The Points Plus Meal Plan, Weight Loss Bundle) Weight Watchers: The Smart Points Cookbook Guide™ with over 65+ Approved Slow Cooker Recipes (Start The Points Plus Meal Plan) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) WEIGHT WATCHERS RECIPES: Weight Watchers Slow Cooker Cookbook The SmartPoints Diet Plan: Easy Crockpot Recipes for Rapid Weight Loss including SmartPoint™ (Weight Watchers Smart Point Recipes) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Weight Watchers: Fast Start For Beginners. Friendly Guide That Will Help You To Lose First 20 Lbs In 20 Days: (Weight Watchers, Weight Watchers Simple ... loss tips, weight watchers for beginners) Atkins: Delicious Weight Loss Desserts: The Top 110+ Approved Low Carb Dessert Recipes for Rapid Weight Loss (The Ultimate Beginners Guide™, Atkins Plan Cook Book) Weight Watchers: The Top Weight Watchers Mistakes you NEED to Avoid with Step by Step Strategies for the Fastest Scientifically Proven Way To Lose Weight (Easy Smart Points Guide) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Hungarian Dessert :KärfÄ rtÄ...â's KalÄfÄjcs Or How To Make Hungarian Chimney Cake, Secrets and recipes for the perfect chimney cakes (Traditional Dessert, Transylvanian ... Special Occasions, Wedding Dessert)