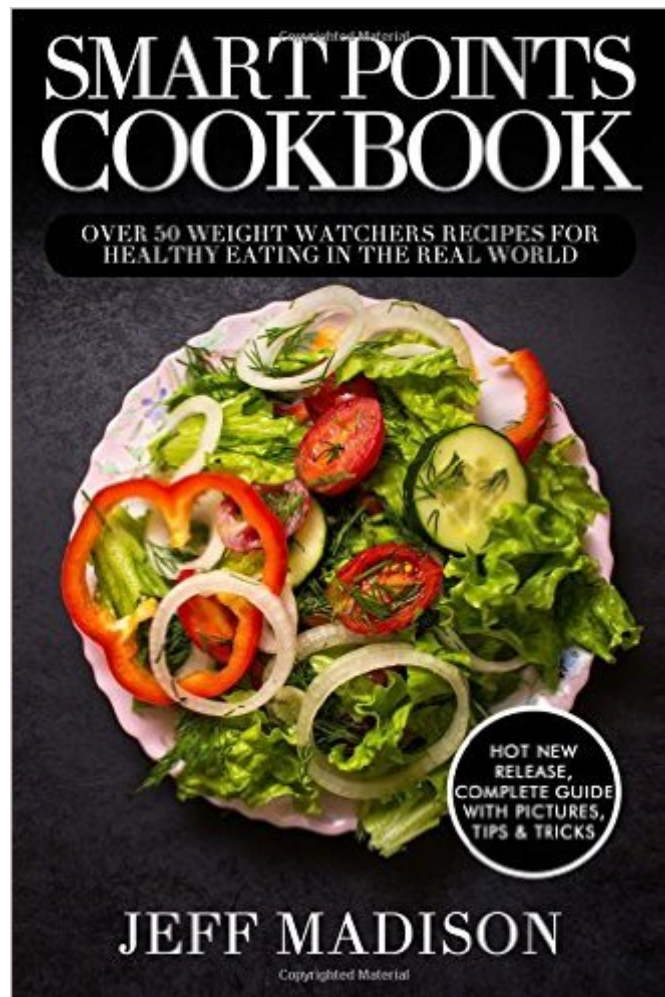


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Smart Points Cookbook: Over 50 Weight Watchers Recipes For Healthy Eating In The Real World



Book Information

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Best Sellers Rank: #294,233 in Books (See Top 100 in Books) #78 in Â Books > Health, Fitness &

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Customer Reviews

If you want to lose weight, or just want to eat healthy, this book will be of great help for you. Here you will find recipes for delicious and healthy dishes. All recipes are clearly written and easy to prepare. Here you have many recipe suggestions and ideas, and you don't have to worry about what you're going to cook. With these recipes you will enjoy your meals and stay fit.

This book gives understanding of what weight watchers diet is about and also provides plenty of recipes that correspond to this diet. I liked the tips that the author provided about healthy eating and they make perfect sense to me. What I like about weight watchers diet is that you can eat any food and still lose weight. I found pictures of the final dishes in the book also very helpful.

In this book i got few really great recipes those are very helpful for our body and health. The author shared lots of recipes that are perfectly designed to work with the new points system call Weight Watchers Smart Points. The formulas have a very reasonable and addresses fixations as simple dialect. A nice read!

This is a brilliant book composed by this writer. I value that book is substantial and perfectly exhibited. Every formula records the wholesome qualities and the new Smart Points for every dish. thanks to this wonderful book the books was very helpful and inspiring. Really worth recommending!

Recipes are good, and the book is worth purchasing. But, be aware that a couple of recipes are

missing the Smart Points values i.e. Lamb chops and Grilled Tuna. Also, the Table of Contents has incorrect page numbers listed.

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