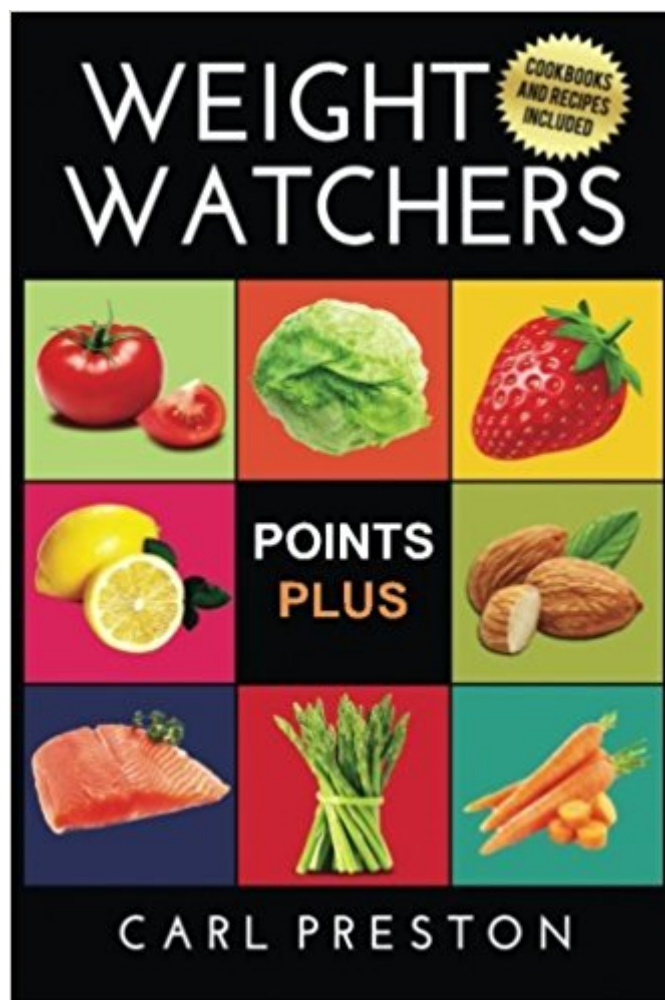


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Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook-Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1)





Synopsis

[illegible]

Points Plus, Weight Watchers Smart Points, Weight Watchers Magazine, Weight Watchers 2016

Book Information

Series: Weight Watchers Cookbook, Weight Watchers Points Plus, Weight Watchers 2016

Paperback: 116 pages

Publisher: CreateSpace Independent Publishing Platform (June 8, 2016)

Language: English

ISBN-10: 1534747079

ISBN-13: 978-1534747074

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 2.7 out of 5 stars 17 customer reviews

Best Sellers Rank: #336,187 in Books (See Top 100 in Books) #28 in Books > Cookbooks, Food & Wine > Regional & International > European > Irish #45 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

When people see Weight Watchers, they always think calorie counting, and don't want to do math with a meal. Weight Watchers evolved with the Points Plus program. They realized a calorie isn't as important as the type of calorie. If you intake the same calorie count of high fructose milk chocolate, and broccoli, which do you think would be more beneficial? They listened to the Harvard study, and curtailed their program accordingly. This cookbook is unique in it's goal. It infuses you with good instead of junk calories. There are A LOT of recipes here, so wondering what to eat should never be a factor. Start your weight loss quest with the correct ammo to battle the bulge with this nuclear smart bomb of a cookbook. Now you have no excuses.

This book is completely inaccurate and does not tell you how many servings per recipe. The very first recipe is "cheesy chicken and spaghetti casserole." It calls for chicken, pasta, cream of mushroom soup and a few other things yet claims its 0 points. I am highly disappointed and am looking into how to return it.

Points plus, calculating your intake. good system to have. with a point calculator for added help, this book definitely was getting good REVIEW POINTS FROM ME. preparing the corn and beans salad I enjoyed a lot. This book is packed with dozens of great recipes I have only tried a few but I will be

trying at least 2 new recipes every week. so far I've been pleased with my purchase of this book. I was able to understand the ingredients and instructions very easy to follow. Great book for weight watchers.

Seriously? This book gets zero points from me. I was thoroughly disappointed in this book and I haven't even gotten past the first recipe! 0 points it says. I figured out all the points plus and there are 57!! How many servings?? It doesn't say! Even for six servings each would be 9+ points!! There is more information in the lengthy disclaimer! This book is very unprofessional. It needs a lot of editing! I should have read the reviews. I'll be more careful next time.

I did not like the information that the book has to offer.

Do not buy this book. The point counts are wrong and there is no information for calculating servings. The instructions and descriptions are written in very strange/poor english. I repeat : don't waste your money!

It is grouped by points not subject which I find confusing. Some terms may be European because I don't know them(I'm an experienced cook).. What is sprucing your meat? Disappointed will probably give it to the library.

Not what I thought it was, I have a large Weight Watchers cookbook, this has very little in it.I was looking for a book that listed foods and their point values.

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