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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)



Synopsis

This Weight Watchers 3 in 1 BOX SET is all you will ever need! Over 480+ Delicious Breakfast, Lunch, Dessert & Snack Recipes included in this Bundle! Introducing the The Ultimate Weight Watcher's Guide... Why Weight Watchers? Weight Watchers Diet ranked #1 in Best Weight-Loss Diets, evaluated from 38 other popular diets! Follow this Lifestyle and Youâ™ll drop up to 2 pounds weekly EFFORTLESSLY. This program is the FASTEST way to lose weight GUARANTEED! Why? Thereâ™s more to weight loss than counting calories â€” if you make healthy choices that fill you up, youâ™ll eat less. Weight Watchers Program assigns a Smart Points value to each recipe based on its nutritional density. Smart Points is a simple counting system that nudges you towards nutritious, wholesome foods so that you make the correct dietary decisions and encourage you to eat cleaner, feel better, have more energy and of course shed pounds. Choices that are healthy and fill us up â€” cost the least, meaning nutritionally dense foods cost less than empty calories. The backbone of the plan is multi-model Access to Support from people whoâ™ve lost weight using Weight Watchers and kept it off. This book will use a step-wise approach to take you through the Weight Watchers Program and further beyond into the practical application of making healthy and super tasty recipes. You will find a FULL nutritional breakdown at the end of each recipe, as well as Smart Points conveniently calculated! This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness. Click the Cover and view the WEALTH of practical Information presented inside. Think of the Weight Watcher Program like pushing the â€”resetâ™ button with your overall health, relationship with food and your lifestyle habits. This book will teach you exactly what you need to know about the Weight Watcher Program as well as its many Advantages and Health Benefits. 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: Avocado Egg Boat, Bacon Crusted Quiche, Banana Almond Chia Pudding, Blueberry Almond Smoothie Bowl, Spicy Sausage Wrapped Eggs, Berry Breakfast Bowl, Strawberry Coconut Pudding, Blueberry Tortilla, Asian Lettuce Wraps, Baked Sweet Potato Fries, Citrus baked salmon with bulgur and asparagus, Classic Beef Stew, Balsamic Beef Crockpot, Bean Free Chili, Brazilian Shrimp Stew, Absolute Pork with Chipotles in Adobo, Almond Zucchini Bread, Authentic Seafood Mix Stew, BBQ Button Mushrooms, Beef and Green Chiles Stew, Beef with Black Beans Stews, Beef, Zucchini and Green Chiles Stew, Turkey Sausages and Green Onion, Vinous Beef with Vegetables Stew, Blueberry Cheesecake Ice Cream, Homemade

Cannoli ConesWeight Watchers Key Lime PiePink Mousse2-Ingredient Fool-Proof PieGuilt-Free Rice KrispiesChocolate Coated Marshmallow SquaresJuicy Strawberry PieCrazy Delicious MeringueAll meals contain Smart Points values as well as FULL nutritional Breakdowns!Purchase this book at it's lowest price and make your Weight Loss journey Effortless!

Book Information

File Size: 2707 KB

Simultaneous Device Usage: Unlimited

Publication Date: September 2, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01LI4XQ66

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #31,751 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #44 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Healthy #103 inÂ Books > Arts & Photography > Decorative Arts & Design

Customer Reviews

One thing i like about this weight watcher recipes that it requires low cost for it to be prepared. Then the book focused on enlightening the public and readers about the advantages and benefit of the diet. One of the major advantage is to stay healthy and lose weight. This book is also written in a way that beginners can understand with ease and also be able to prepare it without difficult. I am so glad i got this book.

This set of books contains proven steps and strategies on how to prepare meals that will best suit breakfast, lunch and dinner. This book will help you keep you on top of your goals in living a healthy life and enjoying food at the same time. I really love the desserts It has contain recipes that are heart-healthy fats and bold flavours that with surely strikes most palates. Great books and are worthy of 5-star rating!

The details in this book are very well discussed and there are some recipes to choose from. In this book you see a diet plan that can help you lose weight and a list of delicious recipes for rapid weight loss. The recipes and its ingredients are made easy for beginners. This is one of the books that offered simple recipes that anyone can prepare with limited ingredients in the market. It is indeed a very informative book and I highly recommend it to everyone.

Are you so anxious about your body? Afraid to eat delicious food because it might make you fat? This is a good news for us. Watching our weights could never be a problem because of this guide right here. Ripping of pounds and become fit is what you will get from here. Also a lot of nutritious and delicious recipes that we are going to learn. All of them will help us to reduce weight in just a short period of time.

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