



Weight Watchers 2015 The Ultimate Collection Of 562 Best-Loved, Most Delicious Weight Watchers Points Plus Recipes

Jean Lilith Flowers

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Make 2015 YOUR year to lose weight, feel great, get healthy and start living the amazing life you've always dreamed of! With Weight Watchers, losing weight has never been easier! Eat real food and lose weight! Really! Within these pages you will find 562 of the absolutely best-loved, absolutely most delicious Weight Watchers Points Plus recipes. You will enjoy over 562 fabulous recipes with your Weight Watchers Points Values calculated for you. Each delicious recipe gives you the Weight Watchers Points Plus value per ingredient, the total Weight Watchers Points Plus value for the entire recipe, the number of servings and the Weight Watchers Points Plus value per serving! All the calculating is done for you! All you have to do is cook and eat!

Why Weight Watchers? Because It Works! Join online or find a meeting today!

A Note From Jean Lilith Flowers

I have always been passionate about food! My entire life revolves around the wonderful world of delicious foods. Alas, I woke up one day and found myself 100 pounds overweight! I had to do something and that something was I joined Weight Watchers. When I joined Weight Watchers, I thought that I would never be able to enjoy delicious food again! Delicious foods made me happy and I really thought that I would never really be happy again! I wasn't happy being SO fat and I thought I could never be happy on a diet!!! Weight Watchers proved me wrong! I found out that Weight Watchers isn't a diet at all! Weight Watchers is an eating plan that allows any foods you want as long as you count the Points! That very first week was when I decided that I was going to eat foods that were delicious and healthy! This cookbook is the result of years and years of perfecting my Weight Watchers recipes! I wish you much success with your weight-loss efforts and hope you enjoy the wonderful recipes in the cookbook!

Important Info: Navigating This Book On Your Kindle

The Table of Contents features 14 sections which are hyper-linked and will take you to that section. Once you click through to the section you are interested, you will find each recipe hyper-linked to take you to the recipe you are interested in. Alternately, you can use Kindle's find feature to look for specific recipes. Click on the magnifying glass icon and type in what you are looking for. For example, let's say you are looking for chicken recipes. Click on the icon, type in "Chicken" and your Kindle will find all the chicken recipes for you! Looking for waffles? Type in "Waffle" and all the waffle recipes will be found. How cool is that?

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James Wendler:

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Valarie Chamberlin:

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Joseph Franson:

Is it you who having spare time in that case spend it whole day by watching television programs or just lying down on the bed? Do you need something new? This Weight Watchers 2015 The Ultimate Collection Of 562 Best-Loved, Most Delicious Weight Watchers Points Plus Recipes can be the respond to, oh how comes? A fresh book you know. You are thus out of date, spending your spare time by reading in this fresh era is common not a nerd activity. So what these books have than the others?

Allen Barnett:

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