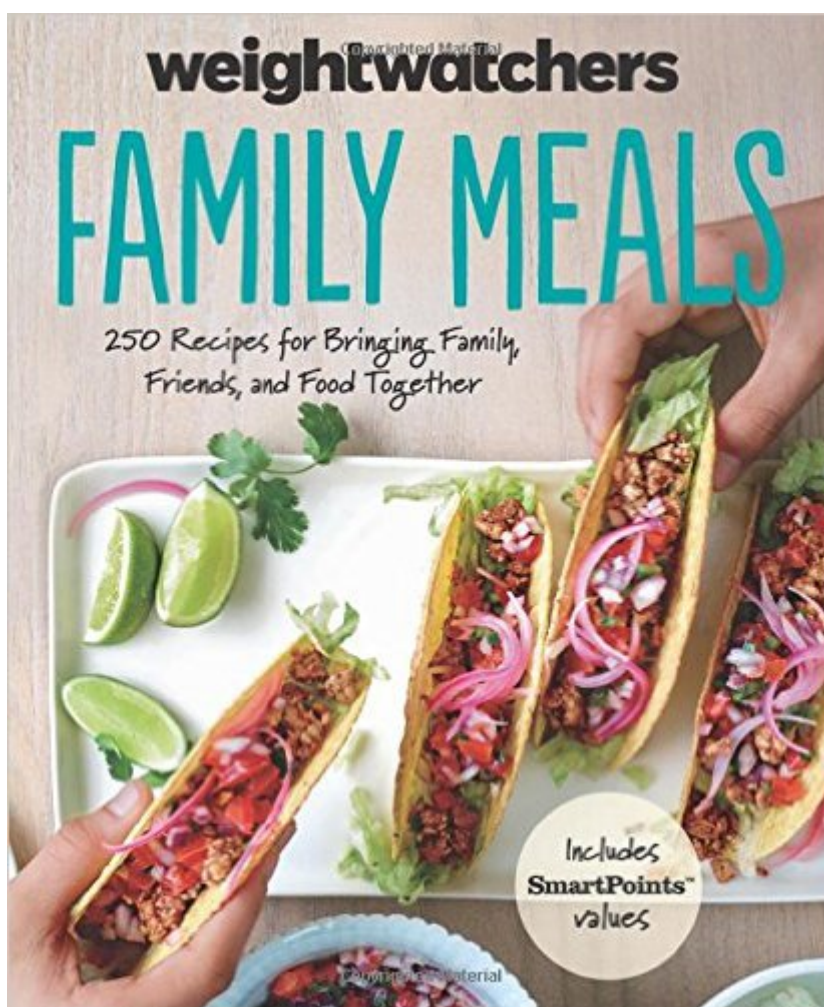


The book was found

# Weight Watchers Family Meals: 250 Recipes For Bringing Family, Friends, And Food Together (Weight Watchers Lifestyle)



## Synopsis

Weight Watchers provides a simple plan to enjoy meals with friends and family; from weekday meals to special occasions, the recipes make eating together fun and healthy. Want to create healthy, mouthwatering meals for your family, but starved for time? *Weight Watchers Family Meals* makes cooking together a snap and ensures that what you eat is nutritious, delicious, and enticing for everyone (even picky eaters). This isn't diet food: Enjoy Baked Beef Ziti, Meat Loaf with Chive Mashed Potatoes, or Spaghetti Squash with Cherry Tomatoes, Parsley, and Parmesan. And for dessert? Goody Rocky Road Bars! Food should be a celebration, so we include menus for entertaining and theme nights, along with easy-to-cook recipes that let kids take part in the fun. You'll also get tips on how to pack healthy lunches for school and the office, creating a game plan for eating around the holidays, and stocking the pantry for quick dinners. No matter how busy you are, *Weight Watchers Family Meals* is your new go-to source for cooking inspiration.

## Book Information

Series: Weight Watchers Lifestyle

Hardcover: 416 pages

Publisher: Houghton Mifflin Harcourt; 1 edition (April 5, 2016)

Language: English

ISBN-10: 0544715292

ISBN-13: 978-0544715295

Product Dimensions: 8.2 x 1.2 x 9.6 inches

Shipping Weight: 3.1 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars See all reviews (38 customer reviews)

Best Sellers Rank: #7,331 in Books (See Top 100 in Books) #3 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #41 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

## Customer Reviews

Southwestern Green Chile Cheeseburgers from *Weight Watchers Family Meals* Serves 4 | 20 Minutes or Less Directions 1. Mix together beef, salsa, chili powder, and salt in large bowl just until combined well. With damp hands, shape mixture into 4 (1/2-inch-thick) patties. 2. Spray grill pan with nonstick spray and set over medium heat. Put patties in grill pan and grill until browned. Turn burgers; top with Swiss cheese and grill until cheese is melted and instant-read thermometer inserted into side of burger registers 160°F, about 5 minutes longer. 3. Place

lettuce and burgers on bottoms of English muffins. Top each with 2 tomato slices, 2 onion slices, and tops of muffins. Cook's Tip: For a touch of smokiness, use chipotle chile powder instead of regular chili powder. Chipotles are jalapeños that have been dried and smoked over a fire.

Nutrition Information Per serving (1 garnished burger): 318 Cal, 7 g Total Fat, 3 g Sat Fat, 775 mg Sod, 29 g Total Carb, 7 g Sugar, 6 g Fib, 35 g Prot. SmartPoints value: 6.

Ingredients 1 pound ground lean beef (7% fat or less) 1/4 cup fat-free salsa verde 1-1/2 teaspoons chili powder 1/2 teaspoon salt 4 (1/2-ounce) slices reduced-fat Swiss cheese 4 small green leaf lettuce leaves 4 light whole wheat English muffins, split and toasted 8 thin tomato slices 8 thin slices sweet onion, such as Vidalia

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

Weight Watchers Family Meals: 250 Recipes for Bringing Family, Friends, and Food Together (Weight Watchers Lifestyle) 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 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: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes) 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) 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) Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) 100 Exotic Food Recipes (Puerto Rican Food Recipes, Picnic Food Recipes Caribbean Food Recipes, Food Processor Recipes,) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Recipes Free) 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) Everyday Food: Great Food Fast: 250 Recipes for Easy, Delicious Meals All Year Long VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) CROCK POT: Over 1825 Crock Pot Dump Meals and Dump Dinner Recipes (Crock Pot, Dump Meals, Dump

Dinners, Freezer Meals, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot Chicken Recipes)  
Mason Jar Meals: Quick, Easy & Healthy Mason Jar Meal Recipes For Busy People: Cooking For  
One with Meals In A Jar (mason jar, mason jar recipes, mason ... jar recipes, jar meals, mason jar  
salads) Southern Cooking: for beginners - Simple Southern Food Recipes - Old South Recipes  
(Southern Food - Southern Meals - Southern Recipes - Soul Food - American Cuisine Book 1)  
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)  
Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test  
Kitchens Weight Watchers New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes for  
the Healthy Cook's Kitchen (Weight Watchers Cooking) Weight Watchers: The Smart Points  
Cookbook GuideÂ© with over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start  
the Easy Points Plus Diet) Weight Watchers: Delicious Weight Watchers Points Plus Chicken  
Recipes

[Dmca](#)