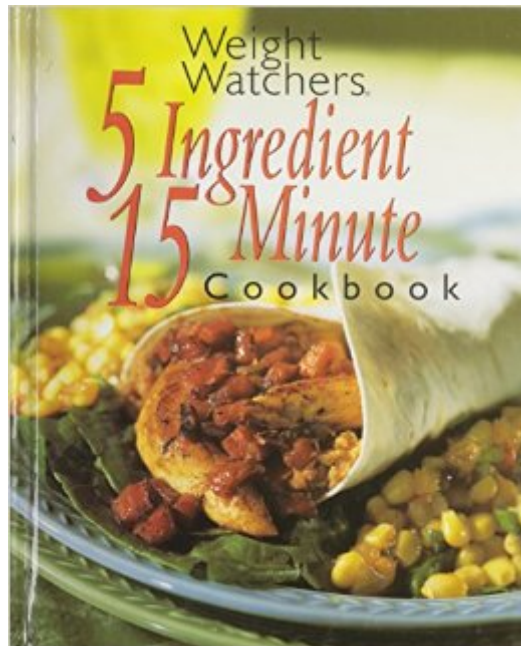


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Weight Watchers 5 Ingredient 15 Minute Cookbook



Synopsis

Weight Watchers 5 Ingredient 15 Minute Cookbook

Book Information

Hardcover: 192 pages

Publisher: Oxmoor House; 1st edition (January 1, 2003)

Language: English

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Product Dimensions: 9.9 x 8.2 x 0.7 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (47 customer reviews)

Best Sellers Rank: #287,418 in Books (See Top 100 in Books) #77 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers](#)

Customer Reviews

This is just a keeper. It not only has great easy recipes that will make you eat like a king/queen the Weight Watchers way (light), it also has great pictures of the very fast 5 Ingredient / 15 Minute preparation dishes.

This is by far, one of the best cookbooks I own. The recipes are not only fast and easy, but delicious!! I was originally attracted to the book because of the 5 ingredient, 15 minute concept, but in the end, what matters most is whether or not the family would actually like the food. THEY DID! Along with each recipe, are other suggestions to of food to complete the meal. Very helpful for meal planning! I love this cookbook.

I rarely recommend cookbooks, but I have been telling everyone I know about this one. The meals are so easy to prepare and most are with pantry staples. The taste of the recipes consistently far exceeds that of any other "light cooking" I've tried. I am also a big fan of Cooking Light, but since having children, I find Cooking Light recipes usually too time consuming and using too many unusual ingredients. My only concern...the sodium levels tend to run a bit high and if hypertension is an issue for you, I would review book carefully. Generally, most will not regret this book if you are looking for low fat/calorie, great tasting, quick prep dishes.

Had to add another five-star review here. As the male side of a Weight Watchers household, I've approached some of the recipes hesitantly. Let me tell you, after more than a year of using this book, not one recipe has failed to impress! They are all quick and relatively cheap and easy to make. Tasty too!

This is a wonderful cookbook! It is great for students and people on the go. I tried the Deep Dish Pizza Casserole and it tasted great! I can actually eat it as leftovers until it's gone. Who wants to spend hours in the kitchen unless it is a special occasion? I appreciate that I don't have to spend a lot on groceries and I can still make a homecooked meal. I also like that the recipes are things I would want to eat. Most importantly though the recipes are healthy and low calorie!!

I can't recommend this cookbook enough. I've tried practically every recipe in the book and every time I've gotten rave reviews! (Yes, I've taken the meals to parties, served my own parties and my family!). I use this book 2-3 times a week. I also use the book ShortCuts by Weight Watchers with just as much success and great results. Hint: [...] has both books for less than the posted amount here. Good luck and happy [low cal] eating!

I really stress about what to make my family for dinner. I am able to create healthy, exciting, tasty, and best of all quick meals for my family thanks to this cookbook. I have many others, but I consider this my bible of all my cookbooks. I'm a WW lifetime member. Unfortunately I fell off the wagon recently ... using this cookbook I'm able to get back on the wagon, and stay in check when I'm at goal without sacrificing flavor.

I'm on Weight Watchers and have a thinner, paperback version of this cookbook. We love it at my house! I agree that it should really be a 30 minute cookbook, but I've easily done everything I've tried in under 30 minutes and we've loved them all!

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