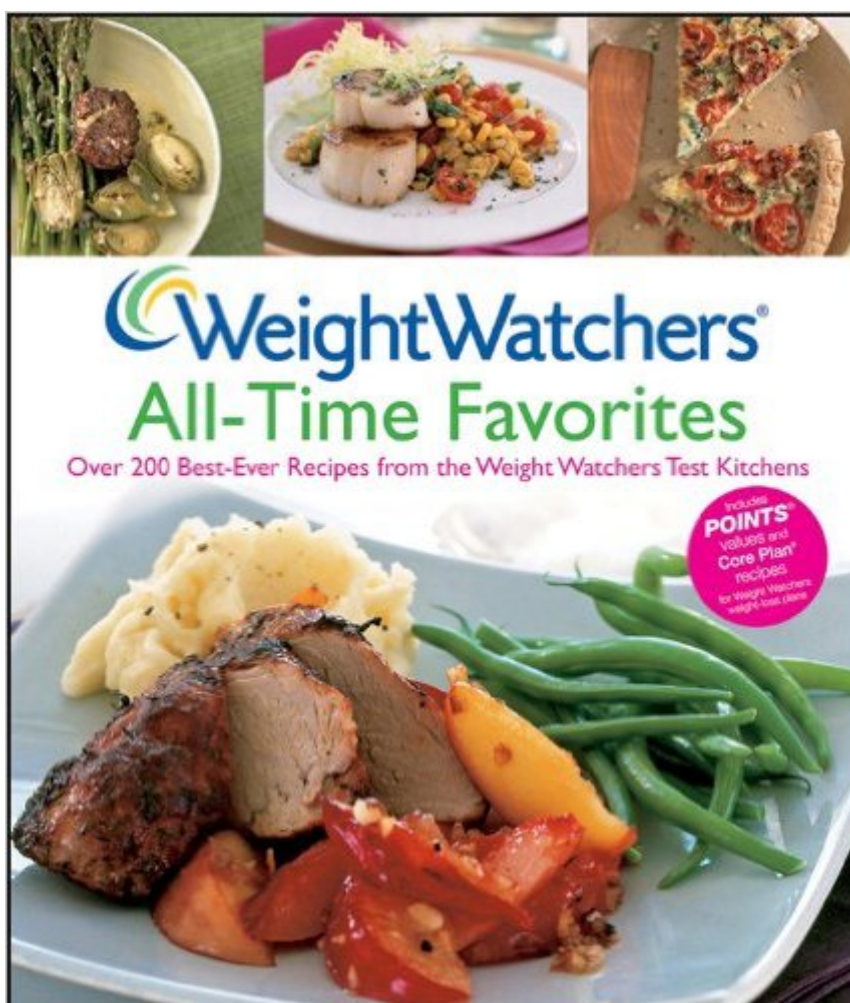


The book was found

Weight Watchers All-Time Favorites: Over 200 Best-Ever Recipes From The Weight Watchers Test Kitchens (Weight Watchers Cooking)



Synopsis

This full-color cookbook is an exciting collection of the best recipes ever developed by the experts at Weight Watchersâ™ 225 tempting dishes never before presented in book form. If youâ™re a fan of the Weight Watchers New Complete Cookbook but are looking even more recipe choices, this new Weight Watchers collection will be an irresistible new kitchen companion. Itâ™s packed with recipes that youâ™ll love, whether youâ™re cooking for a weeknight family supper, a casual backyard get-together with neighbors, or a festive gathering with friends.

Book Information

Series: Weight Watchers Cooking (Book 26)

Spiral-bound: 312 pages

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Language: English

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Product Dimensions: 8.4 x 1.3 x 9.5 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (91 customer reviews)

Best Sellers Rank: #29,982 in Books (See Top 100 in Books) #16 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #127 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

Really good recipes, including a large slow cooker section that includes quite a few recipes from the much sought after & out of print Slow Good Weight Watchers cookbook.

Being a four year veteran of the Weight Watchers program I am always looking for new recipes.... every one I have tried so far has been great.... I highly recommend it.

I bought this at my local Barnes & Noble bookstore, and it was sealed so I couldn't look inside... I bought it hoping I'd like it, and decided to go ahead and post my review here for others who are considering this book. The recipes are pretty straightforward, I'm not sure what a different reviewer was talking about because every recipe I found, the ingredients could easily be bought at my local Safeway or FoodMaxx. There are a lot of recipes in the book. My only disappointment in this book is

the lack of pictures. When it comes to what's for dinner, I'm very visual and a meal will LOOK good before it SOUNDS good... the fact that so few of the recipes have pictures was a turn off for me.

Since joining Weight Watchers online I have lost 18 pounds and these cookbooks are the pivotal difference. Some of the recipes have only 3 ingredients so I can throw them together the night before for my lunches the next day. Very helpful.

This is by far my favorite Weight Watchers cookbook ever! I have tried numerous recipes in the month I have owned it and have been very pleased with everything I have cooked. I am especially fond of the slow cooker recipes and the number of entries that serve four people. A must for anyone committed to the WW program!

For accomplished (or novice) cooks getting bored with weight watchers, this is a great resource. Interesting options as written plus a good spark for creative meals if you are comfortable tweaking recipes, too. From yummy ways to cook duck on the plan to really tasty low-point salad dressings, I keep going back to this collection again and again.

Any following the Weight Watchers system knows how important and key are the meal plans - which is why the ALL-TIME FAVORITES collection of some 200 'best' recipes from their test kitchens is so important. From Lamb and Vegetable Skewers to Double-Cheese Polenta with Mushroom sauce and Cauliflower Parmesan, a peppering of color photos enhances very easy and appealing dishes packed with nutrition details.

This is by far one of the best cookbooks I have ever used. Recipes are easy and fast and are delicious. Doesn't even seem that they can possibly fit into any diet program, but trust me, they do. I've lost 22 lbs. and use them at least four times a week. They make dinner time an event to look forward to.

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