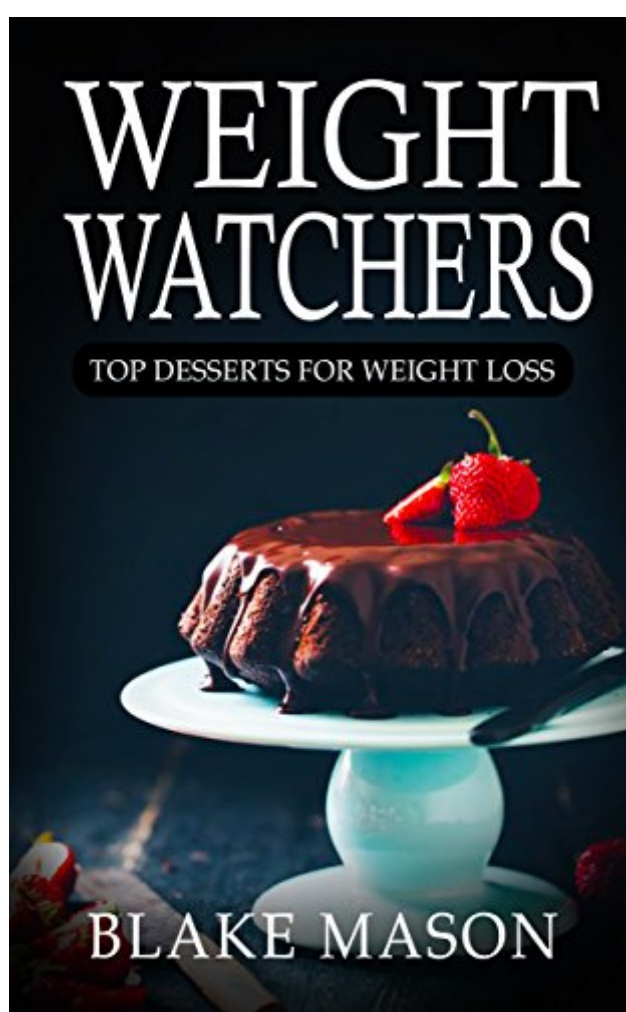


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# Weight Watchers: The Smart Points Cookbook Guide<sup>®</sup> With Over 100+ Approved Dessert Recipes (Weight Watchers Desserts, Start The Easy Points Plus Diet)



## Synopsis

If Creative Weight Watcher Desserts are What You Seek, then Look No Further. Welcome to the Most Delicious and Enjoyable way to Lose Weight and stay in Fantastic Shape! Believe it or not, cutting down on processed sugar while on the Weight watcher Diet does NOT mean saying goodbye to delicious snacks and desserts! In this book, we share with you a variety of mouthwatering Weight Watcher Friendly sweet treats that come together quickly and easily! These recipes all contain heart-healthy fats and bold flavours that are sure to satisfy your sweet tooth. These Desserts & Treats are quick, simple and satisfying. They are also packed full of metabolism-boosting and belly-fat-burning goodness! Not to mention the added micro-nutrients, vitamins, minerals and superfoods in some of these indulgent little recipes. You will find a FULL nutritional breakdown at the end of each recipe, as well as Smart Points conveniently calculated! 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: Blueberry Cheesecake Ice Cream, Homemade Cannoli Cones, Weight Watchers Key Lime Pie, Guilt-Free Rice Krispies, Chocolate Coated Marshmallow Squares, Juicy Strawberry Pie, Crazy Delicious Meringue, Heavenly Cake Mix Cookies, Homemade Glazed Donuts, Citrus Sorbet, Oatmeal Cookies, Zesty Soufflé. ©Weight Watchers Chocolate Pudding, No-Bake Choco Peanut Butter Cookies, Coconut Macaroons, Weight Watcher's™s Banana Bread, Apple Bundt Cake, No-Bake Choc-Whip Pie, Vanilla Pumpkin Smoothie, Chia Pudding, Creamy Pumpkin Pudding, Caramel Coated Pears, Instant Pineapple Cupcakes, Granola Bombs, Cookies & Cream Cups, Caramel Lover's™s Dream. Who says Weight Watchers means no sweets?? ... Start your journey to ultimate health and vitality today! ...

## Book Information

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## Customer Reviews

Wow, this book has seriously 100+ dessert recipes that are Weight Watchers based. How cool and healthy this could be then? I think this book will also prove that staying healthy does not mean not eating at all, especially desserts! And each recipe comes with some "heart-healthy fats and bold flavours that are sure to satisfy your sweet tooth." What more can anyone ask then? I find this book a great companion in losing weight and in making sure one is not deprived to eat well too.

This is an excellent diet plan guide. Weight Watchers: The Smart Points Diet Plan: Delicious Recipes For Rapid Weight Loss. In this book you see a diet plan that can help you lose weight and a list of delicious recipes for rapid weight loss. It may have come to recognize when your daily diet So I read this book not entirely sure what I was going to get from it. I have got to say it ticked every box because the whole system is based on smart points which means you don't need to count every last calorie but take note of the points for each meal or each food type and ensure that you keep within your daily points total. With the recipes/meals being so tasty you can eat really well, having meals that are tasty and nutritious and still lose weight at the same time.

I love this cookbook! It contains a large variety of recipes. Recipes are delicious and really quick to prepare. Most of the recipes will take less than hour to prepare. They are simple enough to make, but delicious enough to impress your friends and family.

Just what I need while having my weight monitoring. In this book, I was able to see a variety of mouthwatering Weight Watcher Friendly sweet treats that come together quickly and easily. These recipes all contain heart-healthy fats and bold flavors that are sure to satisfy our sweet tooth without

a guilt why we ate so much that could affect our health. This book is also packed full of metabolism-boosting and belly-fat-burning goodness while enjoying eat.

It is important to be vigilant with what food we put into our system because it will either make or break our body's function and overall organization. Its nice that the book presented various factors that contributes to a healthy lifestyle. I am a dessert enthusiast as we speak and my metabolism does not cooperate with me. Good thing that I came across this book which offers approved dessert rescipes without worrying about weight gain.

Little did I know that being on this diet could be so much fun! I honestly didn't expect these tasty desserts while watching my size, BUT best believe it they're very healthy for the body. The dessert recipes I love so much are the weight watchers mini cheesecakes as well as the blueberry cheesecake ice cream. These recipes shared has really helped in my life and I'm grateful to my friend who had recommended this book.

Weight Watchers emphasizes lifestyle changes, not just what you eat, but when you eat, how much you eat, plus the addition of exercise to keep your body moving strong. Most diet plans either exclude specific foods, which can be unhealthy and lead to organ failure, or limit your foods to only one thing, like a protein shake, which sets you up for failure when you have lost your weight. This is a helpful guide for anyone.

This book is the perfect guidebook for those who are conscious of their weight and appearance. True enough, there is nothing more important than having a healthier . This is an excellent diet plan guide. The book lists information about Weight Watchers, and why it works, as well as plenty of tips for weight loss. This weight watcher book will give you the perfect diet plan to have a rapid weight loss and achieve the body you want in a short period of time. Overall, it's a great helpful guide.

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