



**Weight Watchers: Weight Watchers Cookbook
and Smart Points Beginners Guide: 30 Days Meal
Plan with 40+ Quick and Easy Recipes: Complete
Smart Points ... Fitness & Dieting, Cookbooks,
Food & Wine)**

James Houck

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WEIGHT WATCHERS! Discover the healthy way of losing WEIGHT – A perfect Weight Watchers beginner's guide with 30 Days meal plan with 40+ easy to cook recipes with SMART POINTS values

Weight Watchers is not just a diet; it's a lifestyle. Weight Watchers is all about making healthier choices for a healthy, happier life. WHY? The Weight Watchers philosophy revolves around maintaining a healthy weight by making sensible food choices, leading to better and positive behavioral changes. This diet is not a quick fix weight loss program, but a scientifically proven diet. Hence, rest assured, that it WORKS! HOW? Weight Watchers Program assigns a SMART POINTS value to each recipe based on its nutritional value. SMART POINTS pushes you towards healthier, nutritious foods so that you eat and feel better, gain more energy and, most importantly, lose weight. Now, that's what I call SMART! So, stop cribbing about not losing weight and chose a much healthier and more efficient way of doing it using the Weight Watchers program. This book not only gives you an introduction to Weight Watchers, but also goes in depth to make you understand the new Weight Watchers points system, SMART POINTS and how it's different from Point Plus. Most importantly, you will receive a 30 days Weight Watchers diet plan with total SMART POINTS and nutrition value information of each of the 40+ recipes included in this book. **Here Is A Preview Of What You'll Learn...**

- An introduction to the Weight Watchers program
- An introduction to the new current Weight Watchers' Smart Points system
- Difference between Smart Points and Points Plus
- Pros and Cons of Smart Points
- Food to Eat and Avoid while on Smart Points
- 30 Days Meal Plan
- Sumptuous, easy to cook breakfast, lunch, and dinner recipes
- Much, much more!

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From reader reviews:

Michael Joslyn:

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Dolores Rawson:

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